



JULY - RECIPE OF THE MONTH:

Seared Scallops w/ Shallots & Wine

Provided by Mel & Sheryl London

Rice flour is the secret to perfectly golden, seared sea scallops in this quick and simple recipe: crisp on both sides and slightly soft in the center.

Serves 4

1 ½ pounds large sea scallops, dried on paper towels
½ cup rice flour
Salt and Pepper to taste
4 tablespoons butter
2 or 3 large shallots, coarsely chopped (about 4 tablespoons)
1/3 cup dry white wine
2 tablespoons lemon juice (about 1 large lemon)
2 tablespoons finely minced chives

Add the rice flour to a plastic bag, along with salt and pepper. Add two or three scallops at a time to the bag and shake to cover. Place the floured scallops on a rack to dry.

Use a 12 inch sauté pan that is not non-stick and heat the butter over medium heat until hot. Add the scallops to the skillet and sear without moving or stirring them for 5 minutes. Then, using tongs turn the scallops over and sear for 2 minutes. Add the shallots and cook for one minute. Then add the wine and cook two or three minutes more, depending upon the size of the scallops. Test for very slight resilience so that the scallops do not overcook. Then distribute to four warm plates. Add the lemon juice to the sauce in the pan and spoon over the scallops. Scatter the chives on the surface and serve.

MEL & SHERYL LONDON are the authors of eleven cookbooks, including “A Seafood Celebration” and “The Fish Lovers” Cookbook.” They are winners of the James Beard Award and the Tastemaker Award and were finalists for the IACP Cookbook Award for “The Gourmet Garage Cookbook.” They have been loyal and loving customers of The Lobster Place since the company first opened its doors in Chelsea Market.