

Sauteed Scallops

Ingredients

- 2 lb bay or sea scallops
- 1 x oil
- 3/4 c butter
- 2 ea bunches green onions chopped
- 1 ea white onion, chopped
- 2 lb mushrooms, slice
- 2 T minced shallot
- 2 T minced garlic
- 1 T salt
- 2 t freshly ground white pepper
- 1 x pepper
- 1 ea juice from lemon
- 2 c dry white wine

Instructions

Dust scallops with flour. Heat oil in large skillet over medium-high heat. Add scallops in batches and cook until lightly browned, wiping pan clean after cooking each batch.

Melt butter in large saute pan, add onions and cook until soft.

Stir in mushrooms, shallot, garlic, salt and pepper until mushrooms are tender.

Add scallops, lemon juice and wine. Simmer 4 minutes, shaking pan occasionally. Do not boil. Serve Hot.

Courtesy of Meal-Master

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