SCALLOPS IN A BEURRE NOISETTE

SERVES 2

INGREDIENTS

Olive oil

12–16 scallops depending on size

Butter

½ lemon, juiced

1 tbsp capers (baby capers are best)

Handful parsley, chopped

- Preheat a non-stick sauté pan until it is smoking-hot. Oil and season the scallops, and arrange them in the pan in a clockwise direction, remembering your starting point. After around 90 seconds, turn the scallops over in the same order.
- Reduce the heat to low and cook the scallops for another 90 seconds. Then remove in the same order as you put them into the pan to ensure they're evenly cooked. Divide between two prewarmed plates and set aside in a warm place.
- Put a generous knob of butter into the same pan and allow it to separate into milk solids and butter fats as it melts. When the milk solids start to turn golden-brown after around 2 minutes, add the lemon juice, capers and parsley, then remove from the heat.
- Spoon a small amount of the beurre noisette over the scallops and serve immediately with hunks of crusty bread.

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