



Seared Scallops with Golden Shallot & Grapefruit Sauce

Ingredients:

1/2 cup finely diced shallots (about 2-3 large)

8 tablespoons extra virgin olive oil

1/2 cup fresh ruby red or pink grapefruit juice

1/4 cup white wine vinegar

1 3/4 lb medium all-natural "dry" sea scallops

salt and freshly ground pepper

chopped fresh chives (optional garnish)

Instructions:

In a medium skillet cook the shallots in 6 tablespoons of oil over medium-high heat, stirring constantly until the shallots are golden, about 4-5 minutes. Remove the skillet from the heat and stir in the grapefruit juice and vinegar. Season with salt and pepper to taste.

Pull off and discard any muscle tabs still attached to the sides of the scallops. Pat the scallops dry with paper towels and season them lightly with salt and pepper.

In a large heavy-duty nonstick skillet, heat the remaining 2 tablespoons of oil over medium-high heat. Add the scallops (in batches if necessary to keep from crowding), cover with a splatter screen if you have one, and cook until they are golden brown on both sides and almost firm to the touch, 2-4 minutes per side.

Add the shallot sauce to the scallops and cook briefly, shaking the pan, until the sauce is just heated through. Serve immediately, sprinkled with the chives if using. Serves 4.

