

Pan Seared Scallops with a Saffron Cream Sauce:



Ingredients

- 12 large scallops
- ½ stick butter
- 1 ½ tbsp olive oil
- ½ cup dry white wine
- generous pinch of saffron threads
- ⅓ cup heavy cream/double cream/thickened cream
- fresh parsley for garnish

Instructions

1. Remove the scallops from the packaging and place them on kitchen paper to ensure they are dry.
2. Place the half of the butter (1/4 stick/30 g) and the olive oil into a non stick frying pan and melt over a medium high heat until it is starting to foam.

3. Think of the frying pan as a clock and add the scallops to the foaming butter starting at 12 o'clock and then working around clockwise.
4. Cook over a medium high heat for 1 1/2 minutes until golden brown.
5. Carefully, starting at 12 o'clock again, flip the scallops and cook for a further minute.
6. Remove scallops from pan (starting at 12 o'clock again) and place them on a plate near the hob.
7. Turn the heat to high and add the wine to the pan.
8. Allow this to bubble for a couple of minutes, then reduce the heat and add the saffron.
9. Stir well and whisk in the remaining butter (1/4 stick/30 g).
10. Once this has melted add the cream and whisk until slightly reduced and thickened.
11. Return the scallops to the pan and serve garnished with parsley.