



Pan Seared Scallops

1 lb sea scallops
1/2 cup seasoned bread crumbs (approximately)
1 tablespoon olive oil
1 tablespoon butter
1 lemon
freshly grated romano cheese

Directions:

Roll scallops in bread crumbs. Put olive oil and butter in a large skillet; stir and heat until hot. Add scallops, turning once, until browned on both sides (3-4 minutes); remove from heat. Halve lemon and gently squeeze juice over scallops, then sprinkle with cheese. Cover with a lid and let steep for 5 minutes to allow the flavors to mingle.



Baked Scallops

2 lbs sea scallops
salt and pepper
1 teaspoon fresh thyme leaves, minced
1/2 cup buttermilk
2 cups hand crushed Ritz crackers
1/2 cup butter, melted
1 small lemon, halved

Directions:

Preheat oven to 400°F. Place scallops in a bowl, season with salt and pepper, add thyme and buttermilk and toss to coat. Place scallops, with buttermilk, evenly in the bottom of an oven proof dish, sprinkle with cracker crumbs and top with melted butter. Bake for 20 minutes, squeeze lemon over scallops and serve immediately.