

Broiled Citrus Scallops



Ingredients

8 oz. Florida Bay Scallops
1 tbsp. all-purpose flour
2 tbsp. unsalted butter
¼ cup grapefruit juice
1 orange sliced into 2-3 slices, the rest juiced
kosher salt
ground black pepper
1 tsp. fresh dill and fresh parsley, minced

Procedure

1. Preheat broiler to high
2. Pack cleaned (foot removed) scallops between paper towels to dry. Repeat with dry paper towels until the scallops aren't seeping water.
3. Place dry scallops in a bowl and toss in flour.
4. Melt butter in the bottom a sturdy pan.
5. Remove scallops from flour, shaking off excess.
6. Add scallops, orange and grapefruit juices, and slices of orange, salt and pepper to pan. Stir or toss around.
7. Place under broiler, stirring as necessary until scallops are brown on all sides, about 5-7 minutes depending on your oven and how big the scallops are.
8. Remove from oven and reseason with salt and pepper if necessary. Garnish with fresh chopped parsley and fresh chopped dill.
9. Serve with toasted bread.

Serves 1-2

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