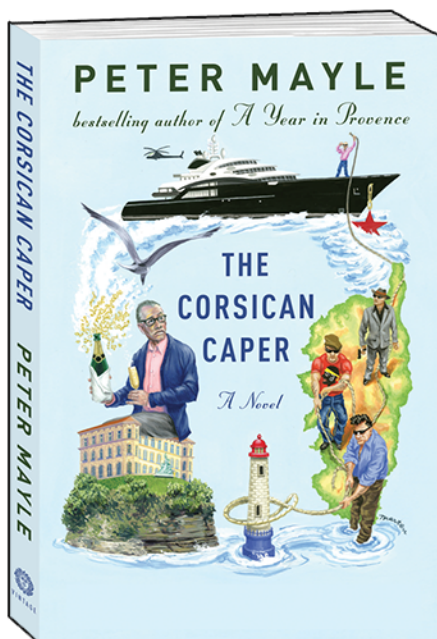




# SCALLOPS PROVENÇAL



Peter Mayle's *The Corsican Capers* has as many descriptions of mouthwatering dishes as it has clever twists. Indeed, who can resist the delightful meals featured within! We've chosen a seafood recipe from Ina Garten's *Barefoot in Paris* for some regional inspiration. Now you can join in on an authentic Mediterranean escapade from the comfort of your own dining table.

## A NOTE FROM INA GARTEN:

It doesn't get any easier than this. It's about ten minutes of prep work plus five minutes in the pan and you've got dinner that will knock their socks off. I'm usually not crazy about scallops, because they tend to be bland, but this dish has *lots* of flavor. A little basmati rice and a glass of dry white wine...who needs to go to Provence?

## INGREDIENTS:

1 pound fresh bay or sea scallops  
Kosher salt  
Freshly ground black pepper  
All-purpose flour, for dredging  
4 tablespoons ( $\frac{1}{2}$  stick) unsalted butter, divided

$\frac{1}{2}$  cup chopped shallots (2 large)  
1 garlic clove, minced  
 $\frac{1}{4}$  cup chopped fresh flat-leaf parsley  
 $\frac{1}{3}$  cup dry white wine  
1 lemon, cut in half

## METHOD:

If you're using bay scallops, keep them whole. If you're using sea scallops, cut each one in half horizontally. Sprinkle with salt and pepper, toss with flour, and shake off the excess.

In a very large sauté pan, heat 2 tablespoons of butter over high heat until sizzling and add the scallops in one layer. Lower the heat to medium and allow the scallops to brown lightly on one side without moving them, then turn and brown lightly on the other side. This should take 3 to 4 minutes, total. Melt the rest of the butter in the pan with the scallops, then add the shallots, garlic, and parsley and sauté for 2 more minutes, tossing the seasonings with the scallops. Add the wine, cook for 1 minute and taste for seasoning. Serve hot with a squeeze of lemon juice.

**Note:** If doubling the recipe, make in two separate pans.

(Serves 3)