

## Pan-Roasted Sea Scallops



### INGREDIENTS

2 tbsp butter	1/2 pound oyster mushrooms, trimmed of hard stems and torn into 1/2-inch strips	3 tbsp dry white wine
1 tbsp extra-virgin olive oil	2 tsp fresh or 1/2 teaspoon dried thyme leaves	
3/4 pound Sea scallops		
salt and pepper, to taste		

### SUGGESTED COOKWARE

large skillet

### DIRECTIONS

Heat the butter and oil in a large skillet on medium-high until the butter stops bubbling. Season the scallops with salt and pepper. Lay them in the pan in a single layer with some room between each scallop. Increase heat to high, and don't move the scallops for about 2 minutes. Allow them to brown well on both sides.

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### DIRECTIONS

Turn the scallops over, and add the mushrooms and thyme to the pan. Stir to coat the mushrooms with the butter. Cook over high heat until the water that releases from the mushrooms evaporates.

Add the wine and cook for about 1 minute, until evaporated. Season with salt and pepper, and serve immediately.

The reason that the butter should be heated until it stops bubbling is simple. The bubbling is the water that is in the butter boiling away. In order for the butter to achieve temperature, the water must evaporate.

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