

ITALY

Scallops in Cream Sauce

Scallops in cream sauce is a rich and elegant seafood dish that highlights the delicate, sweet flavor of scallops. The dish typically features seared scallops, which are lightly browned on the outside and tender inside, served in a luxurious cream-based sauce. The sauce often includes ingredients like garlic, shallots, white wine, and heavy cream, sometimes enhanced with a touch of lemon juice, herbs like parsley or thyme, and grated Parmesan for added depth. The balance of the creamy sauce with the subtle sweetness of the scallops creates a decadent and flavorful experience. Scallops in cream sauce can be served over pasta, rice, or alongside vegetables like asparagus or spinach, making it a versatile dish perfect for special occasions or an indulgent meal at home. The combination of rich flavors and delicate textures makes this dish both satisfying and impressive.



Ingredients

- 1 pound of fresh scallops
- 2 tablespoons of butter
- 2 cloves of garlic, minced
- 1/2 cup of heavy cream
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

How to prepare

1. Rinse the scallops under cold water and pat them dry with paper towels.
2. Heat the butter in a large skillet over medium-high heat.

3. Once the butter is melted, add the minced garlic to the skillet and sauté for about 1 minute until fragrant.
4. Add the scallops to the skillet in a single layer. Cook for 2-3 minutes on each side until they are golden brown and cooked through. Be careful not to overcook them as they can become tough.
5. Remove the cooked scallops from the skillet and set them aside on a plate.
6. Reduce the heat to medium-low and pour the heavy cream into the skillet. Stir gently to combine with the butter and garlic.
7. Let the cream sauce simmer for a few minutes until it thickens slightly, stirring occasionally.
8. Season the cream sauce with salt and pepper to taste.
9. Return the cooked scallops to the skillet, tossing them gently in the cream sauce to coat.
10. Cook for an additional minute or until the scallops are heated through.
11. Serve the scallops in cream sauce immediately, garnished with chopped parsley and lemon wedges on the side.