



Seared Scallops with Mushrooms and Truffle Salt

Seared Diver Scallops have a rich sweet flavor and take no time prepare. Overcooking seafood can happen quickly, but follow my recipe and remember, buying 'Dry' Vs 'Wet' Scallops is important to eating healthy, sustainable seafood. [Read more here.](#)

SERVINGS: 2 | **PREP:** 3 minutes | **COOK TIME:** 4 minutes | **TOTAL TIME:** 7 minutes

INGREDIENTS

- 1 Pound scallops (8 Medium Size)
- 1 Pound White Mushrooms (Sliced)
- 1 Teaspoon Truffle Salt (Optional)
- 2 Tablespoons Vegetable Oil (Or Grapeseed)

INSTRUCTIONS

Pat dry the scallops. Season with kosher salt.
Slice whole white mushrooms about 1/4 inch thick.
Heat pan and oil on medium to high for one minute.
Place scallops in pan and sear for about 1 minute if same size as in video.
Turn and cook one more minute.
Plate scallops; divide for two.
Quickly add mushrooms to hot pan and saute mushrooms until almost golden and still a bit wet.
Place mushrooms over scallops as a garnish.
Season with truffle salt or kosher salt.

NOTES

Pairs well with Sauvignon Blanc or French Chardonnay.
Like most seafood, Scallops are easy to over cook. Better to undercook than overcook, as fresh scallops can be served crudo or sushimi-style (raw)
[Read about 'Dry Scallops Vs Wet Scallops'](#)

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