

SCALLOPS WITH HERB LEMON BUTTER

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe 8" square dish with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/4 cup butter or margarine 50 ml

1/2 tsp basil 2ml

1/2 tsp crushed rosemary 2 ml

1/4 tsp salt 1 ml

1 lb sea scallops 500 g

2 tbsp juice from 1 lemon 25 ml

Paprika

Procedure:

1. In an 8" (20 cm) square dish, combine butter, basil, rosemary and salt.
2. Cook at **P7** 1 minute, or until melted.
3. Stir in scallops and sprinkle with lemon juice, spoon butter mixture over scallops.
4. Cover with plastic wrap.
5. Cook at **P4** 7 - 8 1/2 minutes.
6. Scallops should be tender.
7. Sprinkle with paprika.
8. Let stand, 5 minutes before serving

Note: For two servings, follow above procedure, halve all ingredients. Cook butter 1/2 - 1 minute and scallops 4 1/2 - 5 1/2 minutes.

Chefs Tip

Many different types of Shellfish could be used – even a mix for a “Fruits de Mer”