

Bay Scallops in a Garlic Sherry Reduction Sauce

Ingredients:

Serves 2-4

- 1/2 lb bay scallops (add more if you like)
- 1 tbsp butter
- 1/4 tsp olive oil
- 1 tbsp minced garlic
- 1/4 tsp dried tarragon
- 1 tsp granulated sugar
- 1/4 tsp soy sauce
- 2/3 cup sherry (not dry sherry)
- Black pepper, to taste
- Water to thin sauce

Instructions:

- 1. Prepare the scallops:**
Rinse the bay scallops under cold water and pat them completely dry with a paper towel. This helps them sear properly.
- 2. Sauté :** In a skillet over medium heat, add the butter and olive oil. Once melted, add the scallops to the skillet in a single layer and sprinkle with pepper. Cook for about 2 minutes. Be careful not to overcook, as they can become rubbery. Remove scallops from skillet and set aside.
- 3. Add the seasonings:** Add garlic to skillet and cook for 1 minute. Stir in the sherry and flambe 🔥 with a stick lighter. Once flame dissipates, add tarragon, sugar, soy sauce, and bring the mixture to a gentle simmer, allowing the flavors to meld.

4. **Reduce the sauce:** Let the sauce simmer for 2 minutes, stirring occasionally, until it slightly thickens and reduces. ***This is a watery sauce—if it thickens too much, add water a teaspoon at a time to thin it out.***
5. **Season and serve:** Sprinkle with black pepper to taste. Serve immediately with rice, pasta, or crusty bread to soak up the flavorful sauce.

Serving Suggestion:

Serve this dish best served with **angel hair pasta**. The thinness of the pasta soaks up the delicate sherry sauce, making each bite flavorful and satisfying.

Tips:

Flambé safety: Always have a lid that fits your skillet nearby. The alcohol in the sherry ignites when you flambe. Make sure the area around and above the stove is clear. Immediately cover the skillet with the lid to extinguish the flame if needed. Never attempt to put out a grease or alcohol fire with water.

- **Adjusting saltiness:** If the sauce is too salty for your preference, add more sugar to balance the flavors.
- **Removing fishy odor from scallops:** If your scallops have a strong fishy smell, soak them in milk for 15–30 minutes before cooking to neutralize the odor. Rinse and pat dry before using.