SCALLOPS

Ingredients:  
1 pound fresh bay or sea scallops  
Kosher salt  
Freshly ground black pepper  
All-purpose flour for dredging  
4 tablespoons (1/2 stick) unsalted butter, divided  
1/2 cup chopped shallots (2 large)  
1 garlic clove, minced  
1/4 cup chopped fresh flat-leaf parsley  
1/3 cup dry white wine  
1 lemon, cut in half

Directions:  
If you're using bay scallops, keep them whole. If you're using sea scallops, cut each one in half horizontally. Sprinkle with salt and pepper, toss with flour, and shake off the excess.

In a very large sauté pan, heat 2 tablespoons of butter over high heat until sizzling and add a single layer of scallops. (Do not crowd the scallops in the pan.) Lower the heat to medium and allow scallops to brown lightly on one side without moving them, then turn and brown lightly on the other side. This should take 3 to 4 minutes total.

Melt remaining butter in the pan with scallops; add shallots, garlic, and parsley and sauté for 2 more minutes, tossing the seasonings with the scallops. Add the wine and cook for 1 minutes longer. Add salt and pepper to taste. Serve immediately with a squeeze of lemon juice.