

## Get cooking with elegant, flavorful scallops

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(HealthDay)—Do you love restaurant-style scallops but feel nervous about making them at home? Here's the 101 to cooking the perfect scallop every time.

The trick to creating tasty scallop dishes is to choose "dry" [scallops](#)—these aren't treated with phosphates, which can give them an off-taste and make them stringy when cooked. Scallops pair deliciously with citrus, such as oranges. If available, choose blood oranges for their beautiful color and tart flavor. Note: For sustainability, choose sea scallops over bay scallops.

## Scallops in Citrus Sauce

- 2 blood or navel oranges
- 1 pound dry sea scallops
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour or 1 tablespoon coconut flour
- 2 tablespoons coconut or grapeseed oil
- 1/2 cup vegetable or chicken broth
- 2 tablespoons drained capers
- 1 tablespoon unsalted butter

Peel the oranges and then section them over a bowl to catch the juices, which will make part of the base for the sauce. Set both aside.

Season the scallops with the salt and [black pepper](#). Dust them with the flour. Note: Use coconut [flour](#) for a gluten-free option—its texture means you can use less.

Heat a large skillet over [high heat](#) and add the oil. Add the scallops and sear them without moving for two to three minutes to allow a thick crust to form. Flip and cook two minutes more. The scallops should be still slightly translucent inside. Transfer to a plate.

To the same skillet, add the reserved orange juice, the broth and capers.

Bring to a simmer and cook three to four minutes to thicken, and then stir in the butter. Arrange the scallops on a plate, top with the sauce and the reserved [orange](#) sections and serve.

Yield: 4 servings

**More information:** Learn more about [scallops](#) at Seafood Health Facts.

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