



Seared Scallops over Creamy Polenta with Lemon Brown Butter & Ground Sage

Ingredients (Serves 2–3)

Scallops

- 1 lb large sea scallops (dry)
- Salt & freshly cracked black pepper
- 1 tbsp avocado or vegetable oil
- 1 tbsp unsalted butter

Creamy Polenta

- 1 cup quick-cooking polenta (or cornmeal)
- 4 cups water or low-sodium vegetable broth
- ½ cup milk or cream
- 2 tbsp butter
- ¼ cup grated Parmesan cheese
- Salt to taste

Lemon Brown Butter with Ground Sage

- 4 tbsp salted butter
- 1/4 tsp ground sage (start small, can add more to taste)
- Zest of 1 lemon
- 1T fresh lemon juice
- Cracked black pepper and salt to taste

Instructions

1. Creamy Polenta

1. Bring water or broth to a gentle boil.
2. Slowly whisk in polenta.
3. Lower heat and cook 8-10 minutes, stirring occasionally.
4. Stir in milk, butter, Parmesan, and salt.
5. Cover and keep warm.

Chef note: Polenta should pour softly, not hold stiff peaks.

2. Prepare the Scallops

1. Pat scallops **very dry**.
2. Season with salt and pepper.
3. Let rest at room temperature for 5 minutes.

3. Sear the Scallops

1. Heat skillet over medium-high.
2. Add olive oil.
3. Sear scallops 2–3 minutes per side until golden.
4. Add 1 T butter and baste briefly.
5. Remove scallops and keep warm.

4. Lemon Brown Butter with Ground Sage

1. In the same pan, on medium heat and half of butter and brown slightly.
2. Lower heat and whisk in **ground sage**., lemon zest and juice.
3. Add remaining butter, swirling it together until sauce comes together. Add scallops and juices back in and coat in sauce.

Important tip for teaching:

Ground sage is strong—**a little goes a long way**. Add gradually.

To Serve

1. Spoon creamy polenta into bowls.
2. Top with scallops.
3. Drizzle lemon brown butter.
4. Finish with lemon zest or cracked pepper.