



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
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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.
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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.
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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.