

## SAUTEED SEA SCALLOPS WITH MUSTARD SAUCE

- $\frac{3}{4}$  pound sea scallops
- $1\frac{1}{2}$  tablespoons olive oil
- 1 large shallot, minced
- $\frac{1}{4}$  cup dry white wine
- $\frac{1}{3}$  cup water
- 2 tablespoons Dijon mustard
- 2 tablespoons cold unsalted butter, cut into bits
- 2 scallion greens,  
cut diagonally into  
 $\frac{1}{4}$ -inch slices (about  
2 tablespoons)

Remove tough muscle from side of each scallop if necessary. Pat scallops dry and season with salt and pepper. In a 10- to 12-inch non-stick skillet heat oil over moderately high heat until hot but not smoking and sauté scallops 1 to 2 minutes on each side (depending on size), or until golden and just cooked through. Transfer scallops with tongs to a plate and keep warm, covered loosely.

In oil remaining in skillet cook shallot over moderate heat, stirring, until softened. Add wine and boil, scraping up brown bits, 1 minute. Stir in water and mustard and simmer until reduced to about  $\frac{1}{4}$  cup. Add butter and swirl skillet, returning skillet to heat as necessary, until butter is just incorporated into sauce. Season sauce with salt and pepper.

Spoon sauce onto a small platter or 2 plates. Top sauce with scallops and sprinkle with scallion. Serve scallops with caraway rice cakes. Serves 2.