

Seared Sea Scallops With Creamy Grits

By [Diana Rattray](#) Updated 11/04/17



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Big sea scallops are coated with Cajun seasonings then seared and served with grits. Serve as is or drizzle with a sherry cream sauce or your own favorite.

What You'll Need

1 pound large sea scallops

a dash of salt
1 tablespoon flour
1 1/2 tablespoons Cajun or Creole seasoning
1 teaspoon paprika
3 tablespoons melted butter
2 to 3 teaspoons olive oil
a few teaspoons fresh chopped parsley to garnish

For the Creamy Grits:

1 cup heavy cream
1 can (1 2/3 cups) chicken broth
1 cup water
4 tablespoons butter
1/4 teaspoon salt
1/8 to 1/4 teaspoon pepper
1 cup quick grits

How to Make It

1. First, prepare grits, following directions below.
 2. If scallops are frozen, thaw according to package directions.
Pat dry then lightly sprinkle with salt.
 3. On a plate, combine flour, Cajun seasoning, and paprika.
 4. Heat olive oil in a heavy skillet over medium heat.
 5. Coat scallops with the seasoning mixture then dip quickly in the butter.
 6. Cook scallops for about 3 minutes on each side until nicely browned and opaque.
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1. Arrange hot grits on serving plates and top each with sea scallops then sprinkle with fresh chopped parsley.

Grits:

Bring heavy cream, chicken broth, and water to a boil in a medium saucepan. Add butter, salt, and pepper. Slowly whisk in grits and reduce heat. Cook 15 to 20 minutes over low heat, stirring frequently.

Serves 4 to 6.

For even more flavor, serve the scallops drizzled with [Sherry Cream Sauce](#) or a Cajun seasoned white sauce.

More Recipes with Scallops

[Scallop Bisque](#)

[Scallops with Garlic](#)

Savory Scallops

[Bacon Wrapped Scallops](#)

[Scallop Stew](#)

Creole Scallops and Rice

Scallops with Lemon Butter

[Seafood Pecan](#)

Light Seafood Sauce

[Scallops](#)

| Nutritional Guidelines (per serving) | |
|--------------------------------------|--------|
| Calories | 434 |
| Total Fat | 33 g |
| Saturated Fat | 18 g |
| Unsaturated Fat | 10 g |
| Cholesterol | 99 mg |
| Sodium | 772 mg |

| | |
|----------------------|-------------|
| Carbohydrates | 23 g |
| Dietary Fiber | 2 g |
| Protein | 14 g |

(The nutrition information on our recipes is calculated using an ingredient database and should be considered an estimate. Individual results may vary.)