

# 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.
  
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**

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[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.)**