



Easy Fried Scallops

Savannah · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

3

Description

This fried scallops recipe is everyone's favorite and has become a regular dish at our family fry nights. If serving as a main dish, make twice as many servings as people, about 8 scallops per person.

Ingredients

— - 4 cups vegetable oil for frying - 2 cups buttermilk - 2 cups all-purpose flour - ½ tablespoon salt - ½ tablespoon ground black pepper - 12 large fresh scallops

Instructions

1. Heat oil in a deep fryer or large saucepan to 400 degrees F (200 degrees C). Pour buttermilk into a bowl. Combine flour
2. salt
3. and pepper in a second bowl. Dip 4 or 5 scallops in buttermilk
4. then roll in flour mixture until thickly coated. Cook coated scallops in hot oil until golden and crispy
5. 3 to 4 minutes. Drain on a paper towel-lined plate. Repeat coating and frying remaining scallops. Editor's Notes: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
6. ingredient density
7. and specific type of oil used. Nutrition data for this recipe includes the full amount of buttermilk and flour. The actual amount of buttermilk and flour consumed will vary.