

Gozney ROCCBOX - Pan Seared Scallops

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I bought a Gozney ROCCBOX pizza oven and quickly realized that I could fit a 10" cast iron pan in the oven and make a lot of other things in it. The recipe is for pan seared scallops made in the oven.

Ingredients

Ingredient	Qty	Units
Scallops	1	lb
Kosher salt		
Fresh ground black pepper		
Avocado oil		
Butter	1	Tbs

Ingredients are for 2 people, ½ pound per person

Directions

Pre heat the pizza oven.



Gozney ROCCBOX.

Put a 10" cast iron pan in the oven (I use Lodge cast iron pans).

Heat the pan to 450°F (I use an infrared thermometer to check the pan, there are inexpensive ones available on Amazon).

Put kosher salt and fresh ground pepper on the top of large sea scallops (buy dry scallops).

Take the pan out of the oven, add Avocado oil to cover the bottom of the pan (Avocado oil has a high smoke point and mild taste)

Put the scallops in the pan top side down, place the pan in the oven. Cook for approximately 2 minutes (when you turn over the scallops they should be lightly browned). Take the pan out of the oven.



Scallops One Side Cooked and Flipped Over.

Put kosher salt and fresh ground pepper on the exposed side of the scallops. Turn the scallops over, add 1Tbs of butter to the pan and place the pan back in the oven. Cooks approximately 2 more minutes (once again when you turn the scallops over, they should be lightly browned).

Take the pan out of the oven and removed the scallops (The pan will stay hot for a long time and the scallops will keep cooking if you leave them in the pan).

