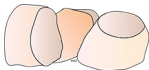


## Scallops

- Until opaque and firm



## Shrimp and Lobster

- Until pearly white and opaque



**For more info and additional resources visit:**

<https://www.youtube.com/watch?v=KYLnDEODDvY>

Michael Ciaramella: mc2544@cornell.edu

