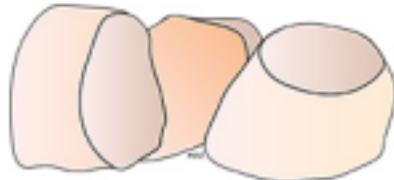


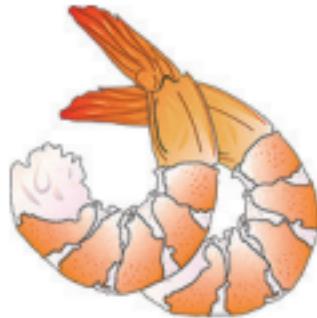
Scallops

- 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>

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