

EVERYTHING YOU WANTED TO KNOW ABOUT...

SCALLOPS

...and weren't afraid to ask!



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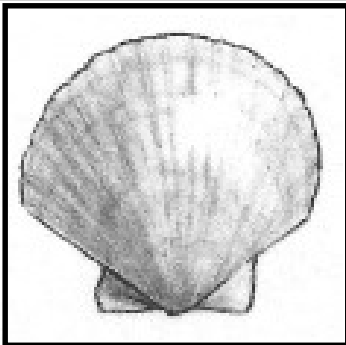
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There are three types of fresh scallops sold on the East Coast of the United States...**Sea Scallops** (*Placapekten Magellanicus*), **Bay Scallops** (*Areopecten Irradians*) and **Calico Scallops** (*Aequipectin Gibbus*). Unless otherwise labeled, we sell sea scallops. All scallops are bi-valves, having two hinged ribbed shells (the Shell Oil Co., logo is a scallop shell). Only the muscle portion of the scallop is sold in the U.S.. It is attached to the shell by a smaller "tendon" similar to that on an oyster, which often stays attached to the scallop. Before cooking, we recommend removing this "tendon" (it peels off very easily) as it is tougher in texture and different in flavor from the rest of the scallop. It is however perfectly safe to eat and some folks actually prize it.

Sea Scallops - the majority of domestic sea scallops are caught around the Georges Bank, in the North Atlantic off the New England coast. They are caught by draggers and as they do not live long out of water, are hand shucked on the boats and brought to shore where they are repacked for shipping either fresh or frozen.

Bay Scallops - this smaller inshore scallop, also called a **Cape Scallop**, is found from Cape Cod to Long Island and hardly anywhere else. They range in size from 70 to 110 per pound, (about the size of a mini marshmallow). Fresh bay scallops are excellent almost raw (scallop serviche) or just lightly broiled (2-3 minutes).

Calico Scallops - this small species of scallop is found from the Carolinas southward to Brazil. They range in size from 60 to 200 per pound. Because of their small size, calico scallops are usually shucked by steam operated machines which subjects each scallop to a short blast of steam which kills the scallop and causes the shell to fall open. This process, along with the small size of the scallop means the scallop meat is slightly cooked and perhaps toughened. Although they are substantially inferior in taste and texture to a true bay scallop, they are often passed off as bay scallops, often under the guise of "**Southern Bay Scallop**". Do not confuse the two!

Diver Scallops - officially these are scallops that have been hand picked by divers, as compared to the majority of scallops that are harvested by dragging chain nets across the ocean floor. As divers generally pick the larger, more mature scallops, true diver scallops were normally at the larger end of the size scale. In reality, most retailers and restaurants use the designation "diver scallop" to refer to an extra large scallop. Whether it was hand picked by a diver or netted is impossible to tell (unless you were the diver.)

Wet pack vs Dry pack- scallops are often packed in a phosphate solution that whitens them, and causes them to absorb more liquid, increasing their weight by as much as 25%. When you cook them, they lose the liquid weight, so if you have bought 1 lb. of scallops, after cooking them you will only have 3/4 lb. **We sell only dry pack scallops!**

Shake & Baked Sweet Scallops

Ingredients (serves four)

2 lbs. Large Scallops 1 cup seasoned bread crumbs
1/2 cup Coffemate Vanilla Creamer 1/2 cup Sherry
2 Tbls. butter

Cooking Directions

Soak scallops in creamer. Dredge through bread crumbs (a plastic baggy works great.) Place in a baking dish and add sherry and butter. Bake at 350 for 8-10 minutes or until the crumbs are brown

For additional recipes visit our website at www.prawnbroker.com

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