

Scallop (*Placopecten Megallanicus*)



COMMON NAME

Sea Scallop

SEASONAL AVAILABILITY

Year-Round

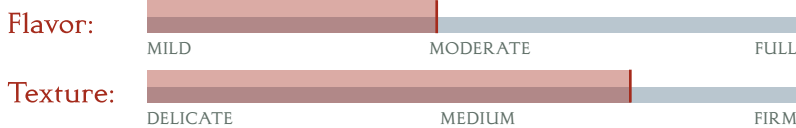
PRIMARY PRODUCT FORMS

Fresh: Meats

Frozen: Meats (IQF or Block)

Value-Added: Breaded/Battered, Entrees

PRODUCT PROFILE



COOKING TIPS

Don't let the size or thickness of scallops fool you. Though they may be large, they cook quickly. Choose light recipes with little or no added fat, so the full flavor of the sweet, light meat will not be masked. Recipes often suggest cutting scallops in half across the grain before cooking. This may be fine for recipes that call for sautéing, but left uncut, the large size makes sea scallops a natural for the grill. Microwaving is not a preferred method of cooking any fresh seafood; this is particularly true with the scallop, because they explode at higher settings.

COOKING METHODS

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Sea scallops are dredged year-round from Labrador to New Jersey. Since they tend to die out of water, scallops are predominantly shucked at sea and kept on ice or frozen aboard. Only the adductor muscle, which allows the scallop to swim by clicking its shells together, is eaten. For quality scallops, avoid "wet" scallops that have soaked too long in chemicals – they'll be flabby and opaque, and will shed water and weight quickly.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	87
Fat Calories	7
Total Fat	0.8 g
Saturated Fat	0.1 g
Cholesterol	36 mg
Sodium	87 mg
Protein	16.2 g
Omega-3	0.2 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1996}

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