

# Buying and Preparation Tips

**Be sure to purchase your seafood from a retailer that displays a valid license.**

- Choose scallop meat that has a creamy color, firm texture and a mild, sweet odor. There should be very little liquid in the package.
- Scallops do not close their shells tightly. Therefore, they are shucked soon after harvesting to prevent moisture loss in the meats.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Fresh-shucked scallops should be refrigerated on ice at 32° F for up to two days or frozen at 0° F for up to four months. Thaw frozen scallops in the refrigerator or under cold running water.
- Choose light recipes with little or no added fat so the full flavor of the sweet, light scallop meat will not be masked.

- Scallops are cooked when the center is opaque and white; test by cutting in half. Overcooking will cause toughness and valuable weight loss. Depending on their size, scallops will cook in 3 to 4 minutes, by any method.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

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**[www.FL-Seafood.com](http://www.FL-Seafood.com)**

# CALICO SCALLOPS



# CALICO SCALLOPS Recipes



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**Florida Department of Agriculture  
and Consumer Services  
CHARLES H. BRONSON, Commissioner**



# Peachy Scallops

- 1 pound Florida scallops
- 2 tablespoons butter
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- dash pepper
- 12 canned peach halves
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon mace or nutmeg
- 1/4 teaspoon salt
- 3 slices bacon



Combine scallops, butter, lemon juice, salt and pepper in a microwave-safe dish. Cover and cook in microwave on high for 2 minutes. Drain peach halves and place cut side up on another microwave-safe dish. Combine cinnamon, cloves, mace and salt; sprinkle over peaches. Place scallop mixture evenly in the center of each peach half. Cut bacon crosswise in fourths; place a piece on each peach. Cook uncovered in microwave on high for 6 to 7 minutes, rotate dish once during cooking. Yield: 6 servings.

**Per serving: calories 133, calories from fat 45, total fat 5g, saturated fat 3g, cholesterol 38mg, total carbohydrate 8g, protein 14g.**

# Broiled Scallops

- 1 1/2 pounds Florida scallops
- 1/4 cup butter, melted
- 3 tablespoons Florida lime juice
- 1 teaspoon minced Florida garlic
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1/8 teaspoon paprika
- 2 tablespoons chopped Florida parsley

Rinse scallops with cold water to remove any remaining shell particles. Place scallops on a lightly-oiled broiler pan. Combine butter, lime juice, garlic, salt, pepper and paprika. Brush scallops with seasoned butter. Broil about 3 inches from source of heat for 3-4 minutes. Sprinkle with parsley. Yield: 6 servings.

**Per serving: calories 170, calories from fat 80, total fat 9g, saturated fat 5g, cholesterol 60mg, total carbohydrate 4g, protein 19g.**

**Eat Seafood  
Twice a Week...  
It's Good For  
Your Heart**



# Fried Scallops

- 2 pounds Florida scallops
- 2 Florida eggs, beaten
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 tablespoon Florida milk
- 1/2 cup all-purpose flour
- 1 1/4 cups dry bread crumbs
- vegetable oil for frying

Rinse scallops with cold water to remove any remaining shell particles. Beat together eggs, salt, pepper and milk. Dredge scallops in flour, dip in egg mixture then coat with dry bread crumbs. Place scallops in skillet with approximately 1/2 inch of hot, but not smoking, oil. Fry at 350° F for 2-3 minutes or until golden brown, turn once during cooking. Drain on a paper towel. Serve plain or with a sauce. Yield: 6 servings.

**Per serving: calories 380, calories from fat 130, total fat 14g, saturated fat 3g, cholesterol 115mg, total carbohydrate 27g, protein 31g.**

**Seafood alternative:  
sea scallops, clams**

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More recipes at [www.FL-Seafood.com](http://www.FL-Seafood.com)