



**Market Name** Scallop  
**Scientific Name** Placopecten magellanicus  
**Common Name** Sea Scallop

# Scallops

Scallops, or marine bivalve mollusks, like their close relative the oyster, have no siphons, the mantle being completely open. But they differ from other mollusks in that both mantle edges have a row of steely blue “eyes” and tactile projections. The rounded shells have radiating ribs with flared “ears” or “wings” at the hinge. Scallops are capable of swimming or leaping about by snapping their shells, which are controlled by a powerful adductor muscle, the only part of the animal that is eaten. Scallops are more common on the Atlantic coast than the Pacific.



## NUTRITIONAL INFORMATION

Serving Size: 3.5 oz.

### Amount Per Serving

		% Daily Value*
<b>Calories</b>	88	Calories From Fat 6.9
<b>Water</b>	78.57g	
<b>Total Fat</b>	0.76g	1%
Saturated Fat	0.1g	1%
<b>Cholesterol</b>	33mg	11%
<b>Protein</b>	16.78g	34%
<b>Iron</b>	0.25mg	2%
<b>Sodium</b>	161mg	7%
<b>Omega-3</b>	0.198g	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The sea scallop is the largest commercially available scallop, growing up to 8 inches in diameter. Sea scallops are harvested and rarely survive the trip to the water’s surface, so they are usually shucked immediately after capture. Scallops are caught by dredges on the offshore banks. Because of the depths from which they are harvested, sea scallops are also called Atlantic deep sea scallops.

Most scallops sold in the U.S. are caught on or near the Georges Bank fishing grounds, in the northeast Atlantic from Canada through the northeast of the U.S. New Bedford, MA is the sea scallop trading center for the U.S. Scallops are sold through auction which means the price will vary from week to week based on the returning vessels’ harvest, weather and overall demand for the product.

Rastelli Seafood purchases from both the New Bedford market and “Day Boat” vessels. Vessels docking in New Bedford are typically larger vessels and are out on the banks for 10 to 14 days. The scallops that are shucked and placed at the bottom of the wells in the beginning of the trip are not quite as fresh as the harvest towards the end of the trip. Whenever possible we purchase from the local day boat trips that land between Point Pleasant and Cape May, New Jersey, and pick up multiple loads as the vessels land (limit is 400 lbs. per trip) at the dock.

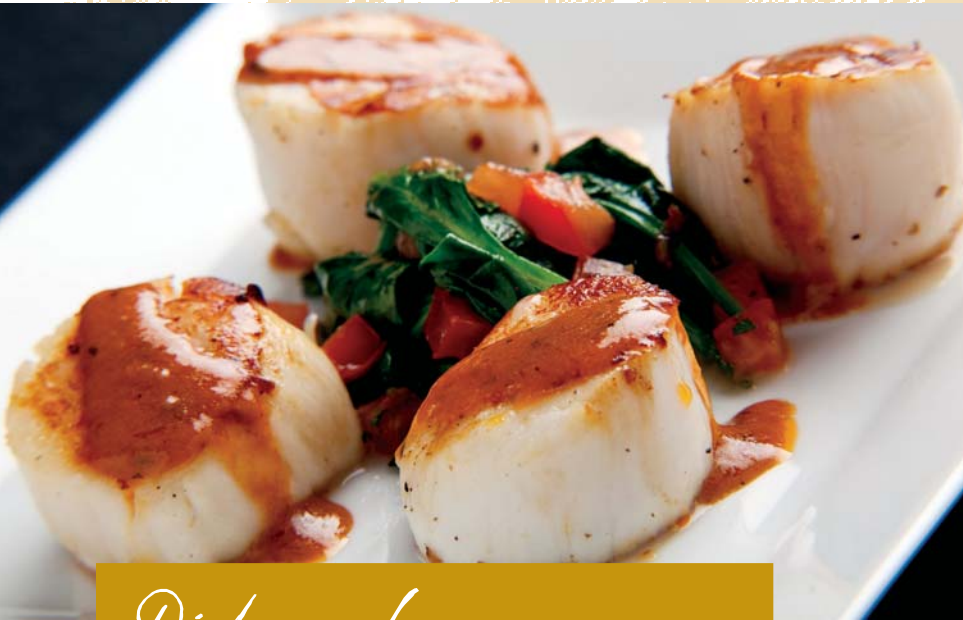
Rastelli Seafood DOES NOT dip any of the sea scallops we receive here in phosphate. This is a common practice to restore the water content and it will also whiten the scallop. So if your scallops are shrinking dramatically when broiled or sautéed and taste a little “funny”, question what you are buying. Sea scallops are overfished. Protection measures have been established, and the sea scallop population has rebounded. Much of the larger U.S. vessels are regulated by days at sea, number of persons per boat, allowable gear, size of vessel and opening and closing certain areas for harvesting.



# *the taste of fresh*

## SCALLOP SERVING SUGGESTION

### SEARED SCALLOPS WITH SPINACH AND FIRE ROASTED TOMATO SAUCE



16 /pcs. **U-10 Scallops**  
12-15 oz. bag of fresh baby spinach, (cleaned)  
2 small cloves garlic (finely minced)  
2-3 tbsp.s green onion, (finely chopped)  
¾ C sweet sherry wine  
3 tbsp. olive oil  
3 medium sized ripe plum tomatoes, (Fire roasted, peeled, seeded, and roughly chopped)  
1 tbsp. Italian parsley (chopped)  
Salt and pepper

**PREPARATION:** Begin by adding ¾ of the cleaned plum tomatoes to food processor and blend well until smooth. In a small sauce pan add 1 tbsp. olive oil along with onions and garlic and sweat until translucent about 2-3 minutes. Deglaze pan with about ½ of the sherry wine and let reduce. Add tomato puree with remaining roughly chopped tomatoes and simmer for an additional 10 minutes on low heat. While sauce is simmering begin to sear scallops. Preheat medium size sauté pan with 1 tbsp. olive oil until almost smoking. Reduce heat slightly. Season scallops with salt and pepper to desired taste. Carefully add scallops standing up into pan and sear for 2-3 minutes or until golden brown. Turn scallops over and repeat process. When done place 4 of the scallops around a small serving plate leaving space in between for spinach. Take same pan and add 1 tbsp. olive oil and return to heat. Add spinach along with remaining sherry wine and let wilt. Season with salt and pepper to desired taste. Remove spinach and let drain slightly to remove excess liquid place in center of plate surrounded by scallops. Finish by carefully drizzling fire roasted tomato sauce around scallops. Yields 4 servings.

#### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION

### *Did you know...*

**DRY SCALLOPS** are scallops that have not been soaked for any extended period of time.

**WET SCALLOPS** or Processed Scallops are scallops that have been soaked with phosphates and water which will increase the size or swell the meat; once it is cooked however it will return to its original size and retain the phosphate chemical taste.

