

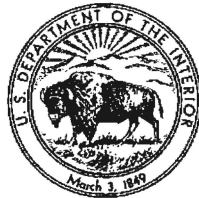
# HOW TO COOK SCALLOPS

Test Kitchen Series No. 13  
Fish and Wildlife Service

United States Department of the Interior

# HOW TO COOK SCALLOPS

By Dorothy M. Keller, Paula W. Lemmon, and Rose G. Kerr



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# HOW TO COOK SCALLOPS

By Dorothy M. Keller, Paula W. Lemmon, and Rose G. Kerr  
Home Economists, Bureau of Commercial Fisheries

Scallops are among the most highly prized and sought after of the inhabitants of the briny deep. Because scallops are marketed in the form of dressed meat, many people are unaware that they actually are a shellfish—a mollusk possessing two shells, similar to oysters or clams. Scallops differ, however, from those shellfish in that they are active swimmers, moving freely through the water and over the ocean floor. Actively snapping its shell together provides locomotion for the scallop, and results in the development of an oversized muscle called the adductor muscle. This excellently flavored muscle, sometimes called the eye, which closes the shell, is the only part of the scallop eaten by Americans; Europeans, on the other hand, eat the entire scallop.

There are two varieties of scallops, the large sea scallop and the smaller bay scallop. The sea scallop shell is saucer shaped and sometimes grows as large as 8 inches in diameter. The adductor muscle, or eye, of the sea scallop may be as large as 2 inches in diameter. The sea scallop is taken from the deep waters off the Northern and Middle Atlantic States with the old whaling port of New Bedford, Mass., taking honors for the vast majority of the catch of this delicious shellfish.

The shell of the bay scallop is much smaller than that of the sea scallop, attaining a maximum of about 4 inches in width. Its shape

resembles that of the sea scallop except that the shell is grooved and has serrated or scalloped edges. The adductor muscle or eye of the bay scallop is about  $\frac{1}{2}$  inch across. The bay scallop is taken from inshore bays and estuaries from New England to the Gulf of Mexico.

Scallops are marketed all year but are at their best when taken from November to April. Fresh scallops are a light cream color, sometimes varying to a delicate pink. Scallops are available fresh or frozen, but only in the form of dressed meat, as the scallops are opened, packed, and iced at sea. Fresh scallops and frozen scallops when thawed, should have a sweetish odor. When bought in packages, they should be practically free of liquid.

Both the sea and the bay scallop have a lean, light, firm meat and a sweet flavor. Both contain high levels of well-balanced protein, very little fat, and many of the minerals and vitamins so necessary for the good health of all members of the family.

In the past the most familiar scallop dishes served have been deep-fat fried or pan-fried scallops, however, these dishes are only a beginning since scallops can be served in cocktails, appetizers, soups, salads, and main dishes with equally satisfying results. Either sea or bay scallops may be used in the recipes in this booklet.



## BOILED SCALLOPS

1 pound scallops, fresh or frozen  
1 quart boiling water  
2 tablespoons salt

Thaw frozen scallops. Remove any shell particles and wash. Place in boiling salted water. Cover and return to the boiling point. Simmer for 3 to 4 minutes, depending on size. Drain. Serves 6.

For recipes requiring cooked scallops, 1 pound scallops, fresh or frozen, yields approximately ½ pound cooked scallops.

## SEA SCALLOP SOUFFLÉ SNACKS

1 pound cooked sea scallops (p. 2)  
¼ cup mayonnaise or salad dressing  
2 tablespoons drained sweet pickle relish  
1 tablespoon chopped parsley  
1½ teaspoons lemon juice  
¼ teaspoon salt  
¼ teaspoon Worcestershire sauce  
Dash pepper  
1 egg white, beaten

Combine all ingredients except scallops and egg white. Mix well. Fold into egg white. Place scallops on a well-greased cooky sheet, 15 x 12 inches. Top each scallop with mayonnaise mixture. Broil about 3 inches from source of heat for 3 to 4 minutes or until brown. Makes about 36 hors d'oeuvres.



Sea Scallop Soufflé Snacks

## SCALLOP CANAPÉS

½ pound cooked scallops (p. 2)  
2 cloves garlic, finely chopped  
2 tablespoons butter or other fat, melted  
½ cup grated cheese  
¼ teaspoon Worcestershire sauce  
Dash salt  
Dash pepper  
2 cups pastry mix

Chop scallops. Cook garlic in butter for 2 to 3 minutes. Add cheese, seasonings, and scallops. Blend well. Prepare pastry mix as directed. Roll very thin and cut into 90 circles, 2 inches each. Place about 1 teaspoon of scallop filling in the center of 45 circles. Cover with remaining 45 circles; press edges together with a fork and vent top. Place on a baking pan, 18 x 14 inches. Bake in a very hot oven, 450° F., for 10 to 15 minutes or until brown. Makes approximately 45 canapés.

## SCALLOP CANAPÉS WITH BACON

½ pound cooked scallops (p. 2)  
16 slices bacon  
8 slices white bread  
1 package (8 ounces) sliced cheese  
Paprika

Cut large scallops in half. Fry bacon until crisp; drain on absorbent paper. Save bacon drippings. Trim crusts from bread. Place a slice of cheese and two slices of bacon on each piece of bread. Cut into quarters. Place scallops on top of bacon. Brush with bacon drippings. Sprinkle with paprika. Place on a greased broiler pan about 3 inches from source of heat. Broil for 3 to 4 minutes or until brown. Makes 32 canapés.

## SCALLOP ASPIC CANAPÉS

½ pound cooked scallops (p. 2)  
2 tablespoons unflavored gelatine  
½ cup cold water  
1¾ cups tomato juice  
1 teaspoon sugar  
½ teaspoon salt  
½ teaspoon Worcestershire sauce  
½ teaspoon onion salt  
2 tablespoons lemon juice  
36 1-inch paper baking cups  
36 melba toast rounds

Cut scallops into 36 pieces. Soften gelatine in cold water for 5 minutes. Heat tomato juice to the boiling point; add gelatine and stir until dissolved. Add seasonings and lemon juice. Place a scallop piece in each baking cup; fill cups ¾ full with gelatine mixture. Chill until set. Unmold on melba toast rounds. Makes 36 canapés.



Scallop Aspic Canapés

## SCALLOP COCKTAIL

½ pound cooked scallops (p. 2)  
Lettuce or salad greens  
Cocktail sauce

Cut large scallops in half. Arrange lettuce in 6 cocktail glasses. Place scallops on top; cover with cocktail sauce. Serves 6.

### Cocktail Sauce

2 tablespoons mayonnaise or salad dressing  
2 tablespoons chili sauce  
2 tablespoons chopped celery  
1 tablespoon chopped onion  
¼ teaspoon salt  
Dash curry powder  
Dash pepper

Combine all ingredients and chill. Serves 6.

### Cocktail Sauce

¼ cup catsup  
2 tablespoons grated cucumber  
2 tablespoons grated onion  
¼ teaspoon salt  
Dash pepper

Combine all ingredients and chill. Serves 6.

## SCALLOP SALAD

¾ pound cooked scallops (p. 2)  
3 tablespoons chopped onion  
½ cup chopped celery  
½ cup chopped cucumber  
⅓ cup sliced radishes  
½ cup French dressing  
½ teaspoon salt  
Dash pepper  
Lettuce  
Tomato wedges

Chop scallops. Chill. Combine remaining ingredients except lettuce and tomatoes. Serve on lettuce; garnish with tomato wedges. Serves 6.

## SCALLOP-VEGETABLE SOUP

1 pound scallops, fresh or frozen  
2 teaspoons salt  
Dash pepper  
¼ teaspoon thyme  
2 whole bay leaves  
½ cup chopped onion  
½ cup chopped carrots  
½ cup chopped celery  
1 can (1 pound 4 ounces) tomatoes  
2 cups boiling water  
¼ cup butter or margarine  
3 tablespoons flour  
¼ cup water

Thaw frozen scallops. Remove any shell particles and wash. Cut scallops into ½-inch pieces. Add seasonings and vegetables to boiling water. Cook for 20 to 25 minutes or until vegetables are tender. Remove bay leaves; add butter and scallops. Combine flour and water to make a thin paste and stir into soup. Cook for 5 minutes or until mixture thickens and scallops are cooked. Stir occasionally. Serves 6.

## SCALLOP BISQUÉ

1 pound scallops, fresh or frozen  
1 can (4 ounces) mushroom stems and pieces, drained  
¼ cup butter or margarine, melted  
½ teaspoon powdered mustard  
1¼ teaspoons salt  
Dash pepper  
¼ cup flour  
1 quart milk  
Paprika

Thaw frozen scallops. Remove any shell particles and wash. Grind scallops and mushrooms. Combine butter, mustard, salt, and pepper. Cook scallop mixture in seasoned butter for 3 to 4 minutes, stirring occasionally. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Serve with paprika sprinkled over the top. Serves 6.

## QUICK SCALLOP VICHYSOISSE

½ pound cooked scallops (p. 2)  
2 cans (10¼ ounces each) frozen condensed  
cream of potato soup  
1 pint milk  
1 pint coffee cream  
Cut chives or chopped parsley

Cut large scallops in half. Combine soup, milk, and cream; heat until soup is thawed. Mash or put through a sieve. Add scallops; heat. Garnish with chives sprinkled over the top. Serves 6.

## SCALLOPS HAWAIIAN STYLE

1 pound scallops, fresh or frozen  
6 canned pineapple slices  
1 teaspoon salt  
Dash white pepper  
¼ cup brown sugar  
¼ cup butter or margarine

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Place pineapple slices in a baking pan, 10 x 6 x 1 inch. Place scallops in the center of each pineapple. Sprinkle with salt, pepper, and brown sugar. Dot top with butter. Broil about 3 inches from source of heat for 8 to 10 minutes or until brown. Serves 6.



Quick Scallop Vichysoisse

## FRIED SCALLOPS

2 pounds scallops, fresh or frozen  
1 egg, beaten  
1 tablespoon milk  
1 teaspoon salt  
Dash pepper  
½ cup flour  
½ cup dry bread crumbs

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Combine egg, milk, and seasonings. Combine flour and crumbs. Dip scallops in egg mixture and roll in flour-and-crumbs mixture.

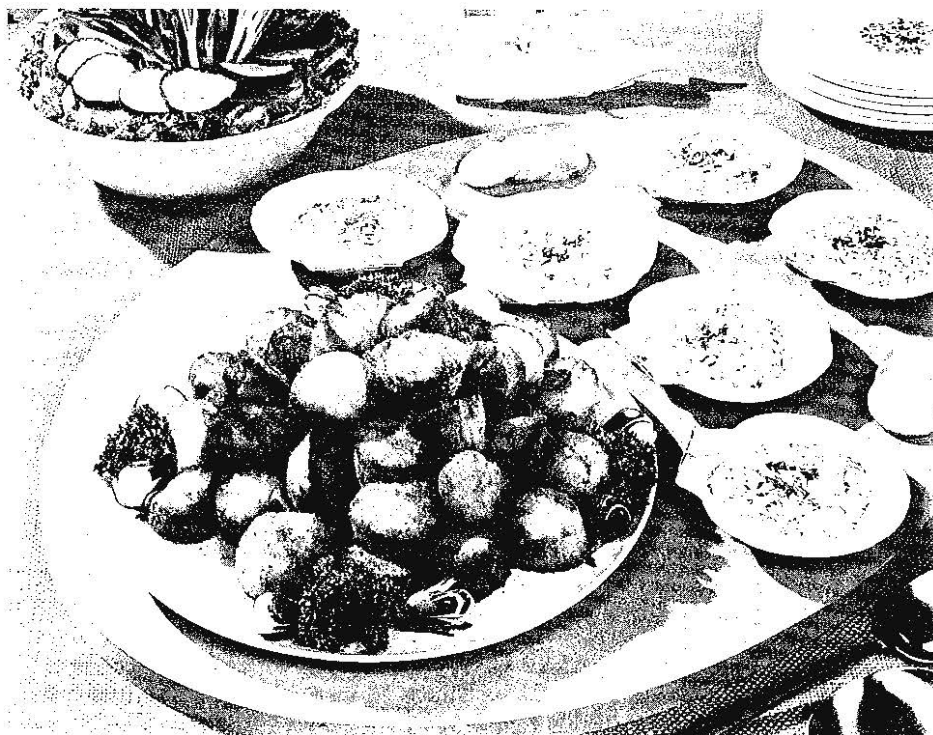
Note.—A commercial breading may be used. Follow the directions on the package.

### Pan-Fried

Place scallops in a heavy frying pan which contains about ¼ inch of fat, hot but not smoking. Fry at moderate heat. When scallops are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 to 6 minutes. Drain on absorbent paper. Serves 6.

### Deep-Fat Fried

Fry scallops in a basket in deep fat, 350° F., for 2 to 3 minutes or until brown. Drain on absorbent paper. Serves 6.



**Deep-Fat Fried Scallops**

## SCALLOP CAKES

1½ pounds scallops, fresh or frozen  
2 tablespoons butter or other fat, melted  
1 tablespoon grated onion  
2 tablespoons chopped parsley  
½ teaspoon Worcestershire sauce  
½ teaspoon salt  
Dash pepper  
2 eggs, beaten  
½ cup dry bread crumbs  
½ cup flour

Thaw frozen scallops. Remove any shell particles and wash. Grind scallops. Combine all ingredients except flour. Mix well. Shape into 12 cakes. Roll in flour. Place cakes in a heavy frying pan which contains about ½ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes. Drain on absorbent paper. Serves 6.

## SCALLOP FRITTERS

1 pound scallops, fresh or frozen  
1 cup pancake mix  
1 teaspoon baking powder  
½ teaspoon salt  
Dash nutmeg  
½ cup milk  
1 egg, beaten  
¼ cup crushed pineapple, drained  
2 tablespoons butter or other fat, melted

Thaw frozen scallops. Remove any shell particles and wash. Grind scallops. Sift dry ingredients together. Combine milk, egg, pineapple, and butter. Add gradually to the dry ingredients; stir only until batter is smooth. Add scallops. Drop by tablespoonfuls into deep fat, 325° F. Fry approximately 4 to 5 minutes or until brown. Drain on absorbent paper. Makes 30 fritters. Serves 6.

## SCALLOP PANCAKES

1 pound scallops, fresh or frozen  
2 cups pancake mix  
½ teaspoon salt  
½ teaspoon baking powder  
Dash nutmeg  
2 cups milk  
2 eggs, beaten  
2 tablespoons butter or other fat, melted  
Butter or margarine

Thaw frozen scallops. Remove any shell particles and wash. Grind scallops. Sift dry ingredients together. Combine milk, egg, and butter. Add gradually to the dry ingredients; stir only until batter is smooth. Add scallops. Drop by tablespoonfuls onto a hot greased griddle or frying pan. Fry slowly until the surface is covered with bubbles, turn, and fry until the bottom is well browned. Serve with butter. Makes 24 small pancakes. Serves 6.

## SCALLOP AMANDINE

2 pounds scallops, fresh or frozen  
1 teaspoon salt  
Dash pepper  
½ cup flour  
½ cup blanched, slivered almonds  
½ cup butter or margarine, melted  
2 tablespoons chopped parsley  
Toast points

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Sprinkle scallops with salt and pepper. Roll in flour. Fry almonds in butter until lightly browned. Remove almonds. Add scallops and continue frying. When scallops are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 to 6 minutes. Add parsley and almonds. Serve on toast points. Serves 6.

## SCALLOP CROQUETTES

1 pound scallops, fresh or frozen  
¼ cup butter or margarine, melted  
¼ cup flour  
½ teaspoon salt  
Dash pepper  
2 eggs, beaten  
2 tablespoons sherry  
½ cup dry bread crumbs

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cook scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in flour and seasonings. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add sherry. Place mixture in a shallow pan and cool. Divide into 12 portions. Shape into cones and roll in crumbs. Chill in refrigerator for several hours. Fry in a basket in deep fat, 375° F., for 2 to 3 minutes or until brown. Drain on absorbent paper. Serves 6.

## SPAGHETTI WITH SCALLOP SAUCE

1 pound scallops, fresh or frozen  
½ cup chopped onion  
½ cup chopped celery  
2 cloves garlic, finely chopped  
2 tablespoons chopped parsley  
¼ cup butter or other fat, melted  
2 cans (8 ounces each) tomato sauce  
¼ teaspoon salt  
½ teaspoon paprika  
Dash pepper  
3 cups cooked spaghetti  
Grated Parmesan cheese

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Cook onion, celery, garlic, and parsley in butter until tender. Add tomato sauce, seasonings, and scallops. Simmer for 20 minutes, stirring occasionally. Serve over spaghetti. Garnish with cheese sprinkled over the top. Serves 6.



Spaghetti with Scallop Sauce



## SWEET SOUR BARBECUED SCALLOPS

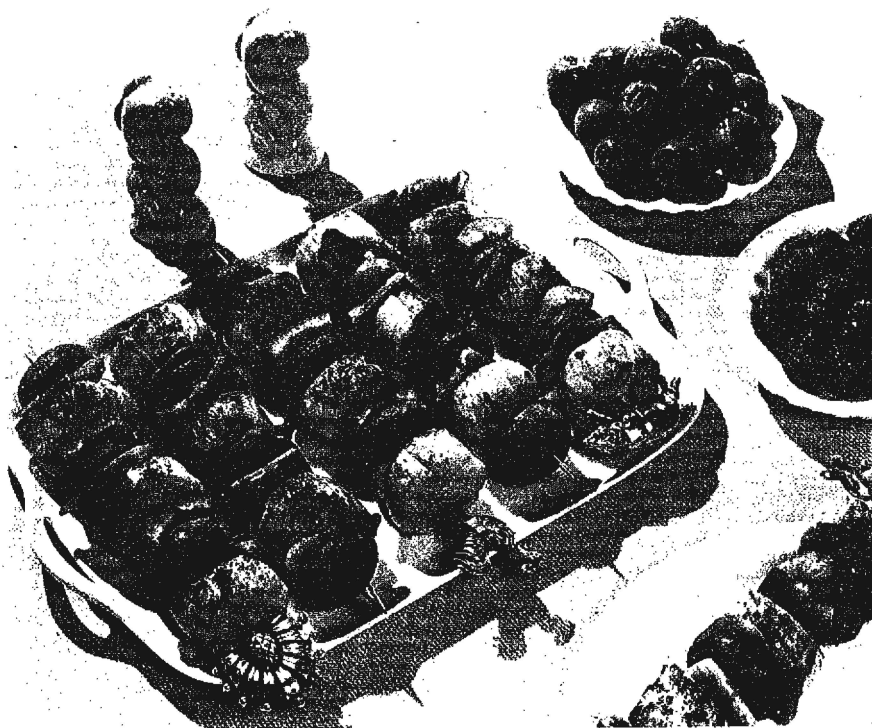
2 pounds scallops, fresh or frozen  
¼ cup butter or margarine, melted  
¼ cup grated onion  
2 teaspoons powdered mustard  
2 tablespoons lemon juice  
¼ cup brown sugar  
½ teaspoon salt  
Dash pepper

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Combine remaining ingredients. Place scallops in a baking pan, 11 x 7 x 1 inch. Cover with sauce. Broil about 3 inches from source of heat for 12 to 15 minutes or until brown. Stir and baste twice during broiling. Serves 6.

## SCALLOP KABOBS

1 pound scallops, fresh or frozen  
4 slices bacon, cut into squares  
1 can (4 ounces) button mushrooms, drained  
1 green pepper, cut into 1-inch squares  
3 tablespoons butter or margarine, melted  
½ teaspoon salt  
Dash pepper

Thaw frozen scallops. Remove any shell particles and wash. Alternate scallops, squares of bacon, mushrooms, and green pepper on 6 skewers, 7 inches each. Place on a greased broiler pan. Combine butter and seasonings. Brush kabobs with seasoned butter. Broil about 3 inches from source of heat for 5 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 5 minutes longer. Serves 6.



Scallop Kabobs

## BROILED SCALLOPS

1½ pounds scallops, fresh or frozen  
¼ cup butter or margarine, melted  
½ teaspoon salt  
Dash white pepper  
Dash paprika  
2 tablespoons chopped parsley  
¾ cup butter or margarine, melted  
3 tablespoons lemon juice

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Place on a greased broiler pan. Combine butter, salt, pepper, and paprika. Brush scallops with seasoned butter. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 4 minutes longer. Sprinkle with parsley. Combine butter and lemon juice; serve with scallops. Serves 6.

## SCALLOPS LORRAINE

½ pound cooked scallops (p. 2)  
1 cup pastry mix  
3 eggs, beaten  
¾ cup coffee cream  
2 tablespoons sherry  
2 tablespoons chopped parsley  
1 teaspoon salt  
Dash pepper  
½ teaspoon celery salt  
Paprika

Chop scallops. Prepare pastry mix as directed. Roll and line a 9-inch pie pan. Combine eggs and cream; add remaining ingredients except paprika. Place scallop mixture in pie shell. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 35 to 40 minutes or until pie is firm in the center. Serves 6.



**Broiled Scallops**

## BROILED SCALLOPS WITH WINE SAUCE

1½ pounds scallops, fresh or frozen  
2 tablespoons sliced green onion  
¼ cup sherry  
2 tablespoons chopped parsley  
1 teaspoon Worcestershire sauce  
½ teaspoon salt  
Dash pepper  
¼ cup butter or other fat, melted  
1 cup scallop liquid and water  
1 tablespoon cornstarch  
1 tablespoon cold water  
Toast points

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Combine onion, sherry, parsley, Worcestershire sauce, salt, and pepper. Marinate scallops in sauce for 30 minutes. Drain; reserving sauce. Place a single layer of scallops on a greased broiler pan. Brush with butter. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully. Baste other side with remaining sauce and butter and broil 3 to 4 minutes longer. Remove scallops to a warm platter. Remove liquid from broiler pan. Combine cornstarch and water to make a thin paste. Add gradually to hot scallop liquid and cook until thick, stirring constantly. Serve over scallops. Garnish with toast points. Serves 6.

## BROILED SCALLOPS WITH PEACHES

1 pound scallops, fresh or frozen  
2 tablespoons butter or other fat, melted  
2 tablespoons lemon juice  
¼ teaspoon salt  
Dash pepper  
12 canned peach halves  
¼ teaspoon cinnamon  
¼ teaspoon cloves  
¼ teaspoon mace  
¼ teaspoon salt  
3 slices bacon

Thaw frozen scallops. Remove any shell particles and wash. Cut scallops into ½-inch pieces. Combine butter, lemon juice, salt, pepper, and scallops. Place peach halves in a baking pan, 11 x 7 x 1 inch. Combine cinnamon, cloves, mace, and salt. Sprinkle over peaches. Place about 2 tablespoons of scallop mixture in center of each peach. Cut bacon into fourths, crosswise. Place a slice on each peach. Broil about 4 inches from source of heat for 8 to 10 minutes or until bacon is crisp. Serves 6.

## DEVEILED SCALLOPS

2 pounds scallops, fresh or frozen  
¼ cup chopped onion  
¼ cup butter or margarine, melted  
¼ cup flour  
1 teaspoon prepared mustard  
½ teaspoon Worcestershire sauce  
1 teaspoon salt  
Dash cayenne pepper  
2 tablespoons butter or margarine, melted  
½ cup cracker crumbs

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cook onion and scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in flour and seasonings. Cook until thick, stirring constantly. Place in 6 well-greased, individual 5-ounce custard cups. Combine butter and crumbs. Sprinkle over scallops. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

## BAKED SCALLOP TIMBALES

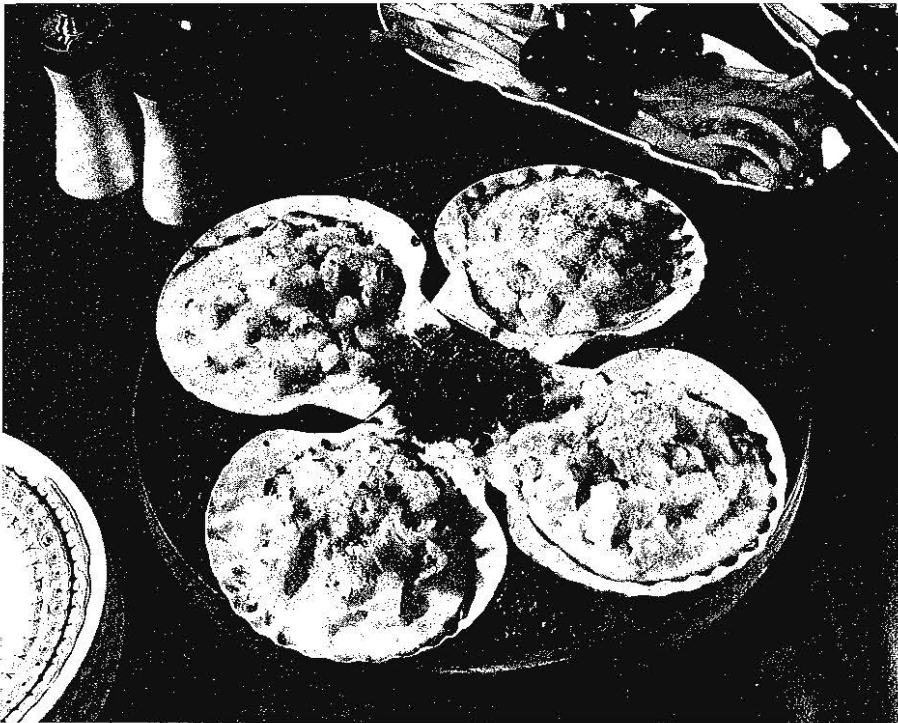
1 pound scallops, fresh or frozen  
2 tablespoons butter or margarine, melted  
1 cup soft bread cubes  
1 tablespoon chopped parsley  
¼ teaspoon paprika  
1 teaspoon salt  
Dash pepper  
½ cup milk  
3 eggs, beaten

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Combine all ingredients. Place in 6 well-greased, individual shells or 5-ounce custard cups. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until firm in the center and brown. Serves 6.

## SCALLOP AND CHEESE FONDUE

1 pound scallops, fresh or frozen  
2 cups soft bread crumbs  
1 can (10½ ounces) condensed mushroom soup  
½ cup milk  
¼ teaspoon paprika  
¼ teaspoon celery salt  
½ teaspoon powdered mustard  
Dash pepper  
1 cup grated cheese  
3 egg yolks, beaten  
3 egg whites, beaten

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Combine all ingredients except egg whites; mix well. Fold in egg white. Place in 6 well-greased, individual 10-ounce casseroles. Bake in a moderate oven, 350° F., for 35 to 40 minutes or until fondue is firm in the center. Serve immediately. Serves 6.



Baked Scallop Timbales

## SCALLOP STUFFED ACORN SQUASH

1 pound scallops, fresh or frozen  
3 medium acorn squash  
2 tablespoons butter or margarine, melted  
¼ teaspoon salt  
Dash pepper  
½ cup water  
2 tablespoons grated onion  
1 tablespoon horseradish  
1 can (4 ounces) chopped mushrooms  
2 tablespoons butter or other fat, melted  
2 tablespoons flour  
½ teaspoon salt  
¼ cup milk  
1 tablespoon butter or margarine, melted  
¼ cup dry bread crumbs

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cut squash into halves lengthwise and remove seeds. Brush centers with butter and sprinkle with salt and pepper. Place in a 3-quart casserole containing water. Cover and bake in a moderate oven, 350° F., for 1 hour or until tender. Cook onion, horseradish, mushrooms, and scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in flour and salt. Add milk gradually and cook until thick, stirring constantly. Fill squash. Combine butter and crumbs; sprinkle over scallop mixture. Return to oven and bake, uncovered, for 20 to 25 minutes or until brown. Serves 6.

## NEW ENGLAND SCALLOP SUPPER

1 pound cooked scallops (p. 2)  
6 medium baking potatoes  
¼ cup butter or margarine  
¼ cup flour  
1 teaspoon salt  
2 cups milk  
1 cup cooked peas

Cut large scallops in half. Wash potatoes. Bake potatoes in a hot oven, 425° F., for 45 to 60 minutes or until soft. Melt butter; blend in flour and salt. Add milk gradually and cook until thick and smooth, stirring constantly. Stir in peas and scallops. Heat. Cut a cross in the top of the baked potatoes with a pointed knife. Squeeze the potatoes so that the interior will be exposed. Serve scallop mixture over potatoes. Serves 6.



New England Scallop Supper

## SCALLOP SHEPHERD'S PIE

1 pound scallops, fresh or frozen  
½ cup chopped onion  
3 tablespoons butter or other fat, melted  
1½ teaspoons cornstarch  
½ teaspoon salt  
Dash white pepper  
1 cup cooked peas  
1 cup cooked sliced carrots  
1 cup mashed potatoes  
Dash paprika

Thaw frozen scallops. Remove any shell particles and wash. Cut scallops into ½-inch pieces. Cook onion and scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in cornstarch and seasonings and cook until thick, stirring constantly. Add peas and carrots. Place in 6 well-greased, individual 5-ounce custard cups. Place a layer of mashed potatoes over top of each pie. Sprinkle with paprika. Bake in a very hot oven, 450° F., for 15 to 20 minutes or until brown. Serves 6.

## SCALLOP THERMIDOR

1 pound cooked scallops (p. 2)  
1 can (4 ounces) mushroom stems and pieces, drained  
¼ cup butter or margarine, melted  
¼ cup flour  
1 teaspoon salt  
½ teaspoon powdered mustard  
Dash cayenne pepper  
2 cups milk  
2 tablespoons chopped parsley  
Grated Parmesan cheese  
Paprika

Cut large scallops in half. Fry mushrooms in butter for 5 minutes. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add scallops and parsley. Place in 6 well-greased, individual shells or 5-ounce custard cups. Sprinkle with cheese and paprika. Bake in a hot oven, 400° F., for 10 to 15 minutes or until cheese browns. Serves 6.



Scallop Thermidor

## SCALLOP SHORTCAKE

¾ pound cooked scallops (p. 2)  
1 can (3 ounces) sliced broiled mushrooms  
½ cup butter or margarine  
¼ cup flour  
½ teaspoon salt  
1 teaspoon paprika  
½ teaspoon Worcestershire sauce  
2 drops tabasco  
1 can (8 ounces) tomato sauce  
1½ cups milk  
¼ cup sliced stuffed olives  
2 cups biscuit mix  
1 egg yolk, beaten  
1 tablespoon coffee cream

Cut large scallops in half. Drain mushrooms, saving liquid. Melt butter; blend in flour, salt, paprika, Worcestershire sauce, and tabasco. Add tomato sauce, milk, and mushroom liquid. Cook until thick, stirring constantly. Add olives, scallops, and mushrooms. Heat. Prepare biscuit mix as directed. Place in a round cake pan, 8 x 1 inch. Combine egg yolk and cream. Brush on top of biscuit dough. Bake in a very hot oven, 450° F., for 15 to 20 minutes or until brown. Cut in half lengthwise. Place one third of the scallop mixture on bottom half of shortcake. Cover with top half of shortcake. Top with remaining scallop mixture. Serves 6.

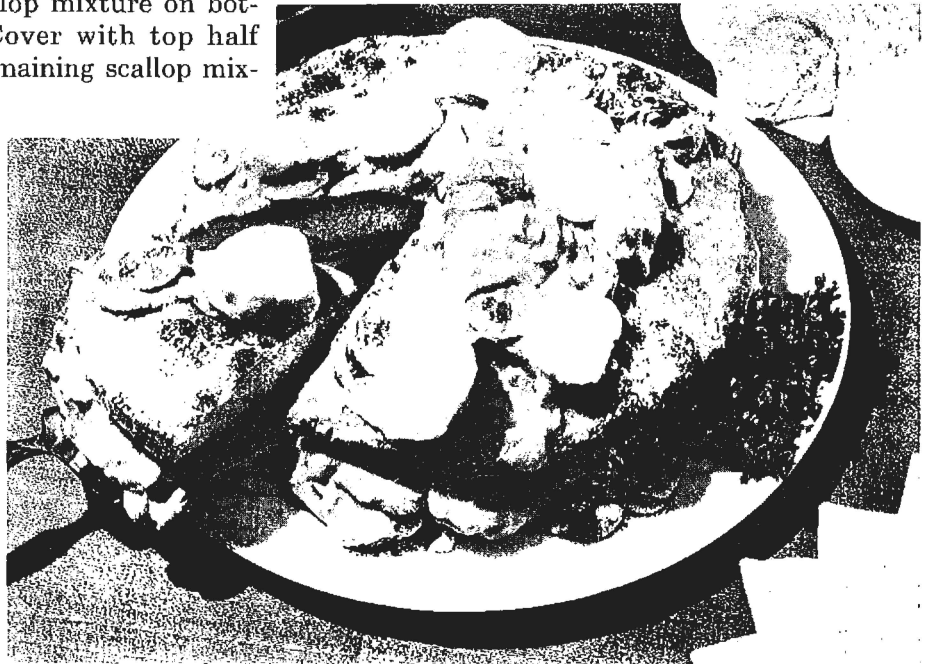
## SCALLOP STUFFING

1 pound scallops, fresh or frozen  
½ cup chopped onion  
½ cup chopped celery  
3 tablespoons butter or other fat, melted  
1 teaspoon salt  
Dash pepper  
1 teaspoon Worcestershire sauce  
1 quart soft bread cubes

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cook onion, celery, and scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in seasonings. Add bread cubes and mix well. Makes enough for a 4-pound bird.

## SCALLOP STUFFING FOR TURKEY

For 5-9 pound turkey      2 times above recipe  
For 10-15 pound turkey    3 times above recipe  
For 16-20 pound turkey    4 times above recipe  
For 21-25 pound turkey    5 times above recipe



Scallop Shortcake



## SCALLOP RAREBIT

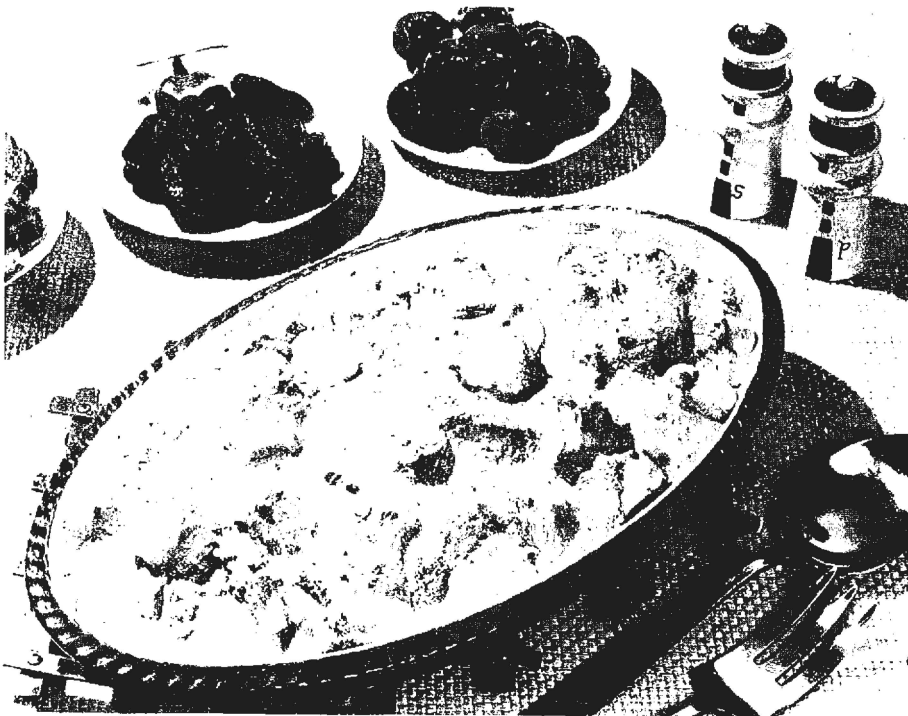
1 pound scallops, fresh or frozen  
2 tablespoons butter or margarine, melted  
2 tablespoons flour  
1 teaspoon salt  
Dash pepper  
 $\frac{3}{4}$  cup water  
 $\frac{1}{4}$  cup catsup  
1 tablespoon prepared mustard  
2 cups grated cheese  
2 eggs, beaten  
1 tablespoon chopped parsley  
Toast points

Thaw frozen scallops. Remove any shell particles and wash. Cut scallops into  $\frac{1}{2}$ -inch pieces. Cook scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in flour, salt, and pepper. Add water gradually and cook until thick, stirring constantly. Add catsup, mustard, and cheese; heat. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add parsley. Serve on toast points. Serves 6.

## SCALLOPS AND RICE AU GRATIN

1 pound scallops, fresh or frozen  
 $\frac{1}{2}$  cup chopped green pepper  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{4}$  cup chopped onion  
 $\frac{1}{4}$  cup butter or other fat, melted  
 $\frac{1}{4}$  cup flour  
1 teaspoon salt  
Dash pepper  
1 cup milk  
2 cups cooked rice  
1 cup grated cheese

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cook green pepper, celery, and onion in butter until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add scallops. Arrange half of the rice, scallops, and cheese in alternate layers in a well-greased  $1\frac{1}{2}$ -quart casserole. Repeat layers. Bake in a moderate oven,  $350^{\circ}$  F., for 30 to 35 minutes or until brown. Serves 6.



Scallop Rarebit

## BAKED SCALLOPS WITH TOMATOES

1 pound scallops, fresh or frozen  
3 tomatoes  
1 teaspoon salt  
Dash pepper  
2 tablespoons butter or margarine, melted  
2 teaspoons celery salt  
2 teaspoons Worcestershire sauce  
¾ cup grated cheese

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Wash tomatoes. Cut into 4 slices, crosswise. Arrange tomato slices in a well-greased baking pan, 11 x 7 x 1 inch. Sprinkle with salt and pepper. Combine butter, celery salt, and Worcestershire sauce. Dip scallops in seasoned butter. Place scallops on tomatoes. Sprinkle cheese over scallops. Bake in a very hot oven, 450° F., for 15 to 20 minutes or until brown. Serves 6.

## SCALLOP-PINEAPPLE KABOBS

1 pound scallops, fresh or frozen  
¼ cup butter or margarine, melted  
1 teaspoon salt  
½ teaspoon paprika  
¼ teaspoon pepper  
10 slices bacon  
1½ cups pineapple chunks, drained

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Combine butter and seasonings. Dip scallops in seasoned butter. Fry bacon gently for 4 to 5 minutes. Drain on absorbent paper. Cut into thirds, crosswise. Alternate scallops, bacon, and pineapple chunks on 6 skewers, 7 inches each. Place skewers across a baking pan, 10 x 6 x 1 inch. Bake in a very hot oven, 450° F., for 20 to 25 minutes, turning once during baking to brown the other side. Serves 6.

## SCALLOPS BAKED IN SHELLS

2 pounds scallops, fresh or frozen  
¼ cup butter or other fat, melted  
¼ cup catsup  
½ teaspoon salt  
Dash pepper  
¼ teaspoon sugar  
2 cups cracker crumbs  
¼ cup sliced green onion  
1 tablespoon butter or other fat, melted  
Paprika

Thaw frozen scallops. Remove any shell particles and wash. Cut scallops into ½-inch pieces. Combine butter, catsup, salt, pepper, sugar, crumbs, and scallops. Place in 6 well-greased, individual shells or 10-ounce casseroles. Combine onion and butter; place on top of scallop mixture. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until brown. Garnish with paprika. Serves 6.

## CURRIED SCALLOPS IN PEPPER SHELL

1 pound scallops, fresh or frozen  
6 green peppers  
1 cup boiling water  
1 teaspoon salt  
2 eggs, beaten  
3 tablespoons grated onion  
1 teaspoon celery salt  
1 teaspoon curry powder  
2 tablespoons chopped pimiento  
Dash cayenne pepper  
2 tablespoons butter or margarine, melted  
½ cup dry bread crumbs

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Cut peppers in half lengthwise and remove seeds. Wash peppers; cook in boiling salted water for 12 to 15 minutes. Drain. Combine egg, onion, seasonings, and scallops. Fill peppers. Place in a baking pan, 11 x 7 x 1 inch. Combine butter and crumbs. Sprinkle over tops of peppers. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until brown. Serves 6.

The following publications on fish cookery published by the Fish and Wildlife Service, United States Department of the Interior, may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D.C., at the prices indicated. A 25-percent discount is given on orders of 100 or more of any one publication sent to one address.

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- No. 2—*Basic Fish Cookery*, by Rose G. Kerr. Price 25 cents.
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