
Dodie`s Curried Scallops

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 pounds scallops
seasoned flour with salt and pepper
8 tablespoons butter
6 green onions, finely diced
1 1/2 tablespoons curry powder
1/3 cup dry white wine
5 cups cooked rice

Wash and dry the scallops. Dust lightly with the seasoned flour.

In a skillet, heat the butter and saute' the green onions for 3 minutes. Add the scallops and cook quickly, turning frequently to brown, about 3 minutes. Sprinkle with the curry powder. Add the wine and mix well.

Serve immediately, over rice.

Yield: 4 to 6 servings

Seafood

Per Serving (excluding unknown items): 2924 Calories; 102g Fat (32.7% calories from fat); 180g Protein; 293g Carbohydrate; 9g Dietary Fiber; 548mg Cholesterol; 2440mg Sodium. Exchanges: 17 Grain(Starch); 22 Lean Meat; 1 1/2 Vegetable; 18 1/2 Fat.