
Scalloped Scallops

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1 pound fresh scallops
4 tablespoons butter or margarine
4 tablespoons flour
2 cups cooking liquid from the scallops (or one cup milk and one cup liquid)
1/4 teaspoon salt (to taste)
1/8 teaspoon pepper (to taste)
2 tablespoons minced green onions
2 teaspoons chopped parsley
1/2 cup fine dry bread crumbs
1/4 cup melted butter

Simmer the scallops in water to cover until tender, 5 to 10 minutes. Drain, reserving the liquid.

Melt the butter in a saucepan. Stir in the flour then add the liquid. Cook over moderate heat, stirring constantly until thickened. Add the parsley and onion. Break or cut the scallops into several pieces, feeling for bits of shell. Add to the sauce and stir gently. Season with salt and pepper to taste.

Place the mixture in greased individual shells or a baking dish. Combine the bread crumbs and melted butter. Sprinkle on the top of the casserole.

Bake at 350 degrees until bubbling, about 15 minutes.

Yield: 4 main course or 6 appetize

Seafood

Per Serving (excluding unknown items): 932 Calories; 92g Fat (87.6% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 941mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 18 1/2 Fat.