

Scallops Supreme

Linda Bauer - Belleville, IL

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Servings: 4

*4 tablespoons olive oil
4 tablespoons butter
1 1/2 tablespoons flour
1 1/2 pounds bay scallops
3 tablespoons minced shallots
1/4 pound sliced mushrooms
1/2 teaspoon thyme
1/2 teaspoon basil
salt
pepper
1/2 cup dry white wine
1 cup tomato, peeled, seeded and chopped
1 clove garlic, minced
splash fresh lemon juice
2 tablespoons parsley, minced*

Preparation Time: 1 hour

Cook Time: 30 minutes

In a large twelve-inch skillet, melt three tablespoons of olive oil and one tablespoon of butter. Add 1-1/2 tablespoons of flour and stir until blended.

Add the washed and drained scallops. Saute' over moderately high heat until they are just firm to the touch (about 3 minutes). Transfer with a slotted spoon to a bowl. Add one tablespoon of oil and three tablespoons of butter to a skillet and saute' the minced scallops for 1 minute.

Add the mushrooms, thyme, basil, salt and pepper. Saute' until the mushrooms give off liquid. Add 1/2 cup of dry white wine and simmer until the liquid is reduced by half. Stir in the tomato and the juices from the scallops.

Reduce again. Stir in the scallops, garlic and a splash of lemon juice. Sprinkle with two tablespoons of minced parsley and serve.

Best when served with linguine noodles.

Per Serving (excluding unknown items): 426 Calories; 27g Fat (58.8% calories from fat); 30g Protein; 12g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 5 Fat.