
Sea Scallops Chardonnay

The Windsor Family Cookbook

Windsor Vineyards, CA

Servings: 4

1 1/2 pounds scallops

1 1/2 cups chardonnay

1/2 teaspoon salt

1/4 teaspoon paprika

3 tablespoons butter

2 tablespoons flour

1 cup milk

1/2 cup mushrooms, coarsely chopped

2 tablespoons Swiss cheese, grated

2 tablespoons dry bread crumbs

In a heavy saucepan, combine the scallops, chardonnay, salt and paprika. Simmer gently for 5 minutes.

Drain the scallops and reserve the cooking liquid. Cut the scallops into bite-size pieces. Heat butter in a saucepan. Add the flour. Slowly stir in the cooking liquid and milk. Simmer the sauce for 3 minutes, stirring constantly. Add the scallops and mushrooms. Bring the mixture to a boil. Remove from the heat immediately. Stir in the cheese, mixing well.

Pour into individually buttered shells or casseroles. Sprinkle with bread crumbs. Dot with bits of butter. Broil until the top is golden brown.

Seafood

Per Serving (excluding unknown items): 367 Calories; 13g Fat (39.0% calories from fat); 33g Protein; 13g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 754mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.