CATANESE CLASSICS

SCALLOP, BAY

ABOUT

Bay scallops average 70 to 100 meats per pound. They are dredged, raked or tonged from bays, harbors and salt ponds along the East Coast from Atlantic Canada to North Carolina and processed ashore. They are also farmed in Nova Scotia and New England in suspended systems. Though there is a niche market in the United States for whole, live scallops, the product typically seen on the market is actually just part of the whole animal; the guts are removed and discarded, leaving just the adductor muscle, which is the edible meat. The meats are available “wet” (soaked in a preservative like tripolyphosphate, which whitens the scallop and extends shelf life) or “dry” (untreated). Over soaked scallops look artificially shiny, opaque and flabby and will have a soapy feel and aftertaste. They will also release more liquid and shrink more when cooked



NUTRITION FACTS

Calories	87
Fat Calories	7 g.
Total Fat	0.8 g.
Saturated Fat	0.8 g.
Cholesterol	33 mg.
Sodium	161 mg.
Protein	16.8 g.
Omega 3	0.2 g.

PRODUCT PROFILE

Mild and sweet, bay scallops are considered the best-tasting of the scallop species. Raw, the lean, cork-shaped meat is translucent, with color ranging from creamy to pink. The texture should be firm and moist. Cooked meat is opaque white and firm. Top-quality scallops should have an ivory translucence and elastic springiness that allows them to keep their shape. Fresh bay scallops smell sweet and seaweedy. They should not be sitting in water. Sour smelling scallops, especially with overtones of iodine, should be rejected.

PRIMARY PRODUCT FORMS

Live
Fresh: Meats
Frozen: Meats (IQF), Blocks
Value-added: Smoked meats, Breaded/battered (frozen), Entrées (frozen)

COOKING TIPS

While scallops are most commonly eaten cooked, bays are sometimes enjoyed raw because of their size and freshness. However, consumers in high-risk categories should avoid eating all raw shellfish. For a scallop ceviche, use lemon or lime juice to “cook” the tender meats. Steam gently for use in salads. Don’t overcook; scallops will toughen and lose flavor. They’re done as soon as the outside of the meat turns opaque.

GLOBAL SUPPLY

Canada, China, United States

COOKING METHODS

✓ Bake	Boil	✓ Broil	✓ Fry	Grill
Pate	✓ Poach	✓ Saute	Smoke	✓ Steam