



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

For Release TUESDAY, FEBRUARY 21, 1950

#### SCALLOPS -- A LENTEN DISH OF DISTINCTION

A prince of the shellfish industry is the scallop, a long-famous and highly desirable mollusk. For a Lenten dish that can always be considered a "treat", scallops come high on the list. Both tasty and nutritious, the scallop is also an economical food, says the Fish and Wildlife Service. There is no wastage in scallops, as they are entirely edible as purchased. "When you buy a pound of scallops you get a pound of food."

Scallop meats are lean, white, firm and sweet flavored. The entire body of the shellfish is not eaten; only a portion of the large shell-opening muscle is used from the scallop. The scallop moves about over the sea bottom effecting a natural form of jet propulsion by squirting jets of water through vents in the hinged section of its shell. Through this method of locomotion, and the constant opening and closing of the shell (to pump water for the jets), a large muscle is developed and it is this muscle that you buy on the market.

With an attractive fan-shaped and fluted shell, the scallop is the shellfish of medieval fame — often included in old coats-of-arms.

There are two varieties of scallops, the small "bay" scallop and the larger sea scallop. Shucked bay scallops run about 40 to the pound while the sea scallops are generally about 10 to 15 to the pound. Principal sources of scallops are Massachusetts and Maine on the Atlantic Coast, Florida on the Gulf Coast, and Washington on the Pacific Coast.

The following recipes for deep fat fried scallops, and scallop and pineapple kabobs, were developed and tested by the Fish and Wildlife Service home economists in their own kitchen at College Park, Maryland.

#### Deep Fat Fried Scallops

1 quart scallops	1 teaspoon salt
2 eggs, beaten	1/8 teaspoon pepper
2 tablespoons milk	1 cup bread crumbs, cracker crumbs, or cornmeal

Drain scallops. Mix eggs, milk, and seasonings. Dip scallops in egg mixture and roll in crumbs. Fry in hot fat heated to 375° F. about 2 or 3 minutes or until brown. Drain on absorbent paper, and serve immediately with slices of lemon or Tartar sauce. Serves 6.

#### Scallop and Pineapple Kabobs

1 pound scallops	Dash pepper
4 tablespoons butter	1/2 cup pineapple juice (from the chunks)
6 tablespoons brown sugar	2 cups pineapple chunks
1 teaspoon salt	

Melt butter, add brown sugar, seasonings, and pineapple juice. Dip each scallop in the mixture and arrange alternately with pineapple chunks on the skewer. Place skewers across baking dish and bake in hot oven 350° for 30 minutes. Baste twice during cooking. Serve on skewers. Serves 6.