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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

TRY SCALLOPS—"THOSE LITTLE MORSELS OF GOODNESS"

Plentiful supplies of scallops are now available and prices are extremely reasonable. Because they are marketed in the form of dressed meat, most people are unaware that they are a shellfish, with two shells, somewhat similar to the clam. Its shells are rounded with a wavy, scalloped edge. A large muscle opens and closes these shells. This muscle is the only part of the scallop which is eaten in America, although Europeans eat the entire scallop.

There are two varieties of scallops, the small bay from inshore bay waters and the large sea found off shore banks of the North Atlantic. Both have lean, white, firm meat and a sweet flavor. They are surprisingly low in calories, high in protein, and delectable when baked, broiled, or fried. Scallops are particularly good when prepared in combination with other foods--such as creamed or in casseroles.

The home economists of the Fish and Wildlife Service suggest a combination dish "Deviled Scallops" as a treat for the entire family.

DEVILED SCALLOPS

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| 1 pound scallops | $\frac{1}{2}$ teaspoon celery salt |
| 1 clove garlic, chopped | 2 tablespoons chopped parsley |
| 2 tablespoons butter, melted | 1 tablespoon lemon juice |
| 2 tablespoons flour | Dash pepper |
| $\frac{1}{2}$ teaspoon dry mustard | 2 tablespoons butter, melted |
| 2 teaspoons horseradish | $\frac{1}{2}$ cup soft bread crumbs |

Chop scallops. Cook garlic in butter until tender. Blend in flour and seasonings. Add scallops and cook 4 to 5 minutes, stirring constantly. Place in six well-greased, individual, shells or six-ounce custard cups. Combine butter and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350° F., 15 to 20 minutes or until brown. Serves six.

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