



# Bay Scallops

*(Argopecten irradians)*



Firm in texture and low in fat, our Scallops are a great addition to any seafood entrée. Either variety compliment virtually any flavor profile, while adding elegance to a menu. Ideal for dramatic plate presentations.



### FEATURES/BENEFITS

- Smaller in size as compared to sea scallops.
- Meat exhibits which is sweet ranging from mild to salty with a slight seaweed scent.
- Near-firm texture.
- Farm-raised.
- Shells range in color from tan to orange to brown.
- Moisture Content: <84% (maximum accepted)

### APPLICATIONS

Suggested flavor compliments: avocado, bacon, butter, cherry tomato, cilantro, chile, curry, garlic, ginger, lemon, lime, parsley, pepper, saffron, scallion, sesame oil, soy sauce, spinach, tarragon, teriyaki and tomato.

### HANDLING/PREPARATION

**THAWING:** Keep frozen until ready to use. Place desired quantity of scallops in a colander and rinse under cold water for two minutes while stirring scallops. Drain and then place colander in refrigerator until fully thawed. For best results, use scallops soon after fully thawed.

### COOKING SUGGESTIONS

**BROIL OR SAUTÉ:** Broil or sauté for approximately 4 minutes. Scallops are fully cooked when the center is opaque in appearance. Avoid overcooking scallops as this will ruin the taste and texture.

**STEAM:** Place frozen scallops into the steamer. Steam for approx. 3-8 minutes, depending on the size and number of scallops.

**DEEP FRY:** Place Transfer to the flour mixture; roll around until thickly coated. Lower scallops gently into the hot oil. Cook until golden and crispy, 3 to 4 minutes.

### NUTRITION FACTS:

Serving Size 4 OZ. (112g), Calories 100, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 37mg, Sodium 160mg, Carbohydrates 2.6g, Sugar 0g, Fiber 0g, Protein 19g.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

**COUNTRY OF ORIGIN: China & U.S.**



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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