



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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SCALLOP DESERVES TITLE OF "PRINCE OF MOLLUSKS"

With an audible click, it claps its shells together and so, in a succession of zigzag arcs, it "dances" from spot to spot in the sea.

This method of locomotion, while graceful, develops an oversize "adductor" muscle on the scallop—the marine shellfish under discussion. which bulge, prepared as a seafood, surpasses, according to the Fish and Wildlife Service, United States Department of the Interior, "all other shellfish in the total percentage of nutrients and in the proportion of protein (fats and carbohydrates)" it contains.

Ranking third among American mollusks in commercial value (after oysters and hard clams), "bay" scallops (the small variety, as contrasted with the giant, or sea scallop) totaling about 1-1/2 million pounds, and almost 9,000,000 pounds of sea scallops—worth approximately \$1.4 million to fishermen—were produced (in 1938) in the United States. According to Service statistics (in this order), Massachusetts, Rhode Island, New York, Virginia, North Carolina, and Florida were the largest producers, with the New England States the heaviest users.

Variously called fanshells, frills, queens, squinns, and St. James—or cockle—shells, someone has said of them: "If the oyster is king of mollusks, the scallop has a just claim to the rank and title of prince."

The dainty and tasty bay scallop has long been a favorite of epicures. It spawns from mid-June to mid-August, and the young, like those of the oyster, clam and mussel, swims and drifts for a period which, with this form, is about a week. Then it "sets", much after the method of the mussel and clam, attaching itself to some convenient object by means of its beard-like "byssus".

However, unlike most other mollusks--for example the sedentary oyster--setting does not mean a complete or almost complete abandonment of locomotion. The very powerful adductor muscle of the scallop enables it to draw the light fan-shaped shells together with a snap that drives out the included water with sufficient force to project the animal through the water in the opposite direction. This may be kept up for a few yards.

Growth is rapid and the period of life short. A diameter of one to two inches is attained before the first winter, when growth temporarily ceases; and the scallop may be three inches across before the third. Relatively few individuals live into the third summer, so that practically all the important spawning takes place in the second summer when the individuals are one year old. Therefore, from fall through spring, individuals which show a "winter line" are taken without serious effect upon the supply.

Fishing for the sea scallop, important in Maine for many years, has recently been greatly extended by an increased demand and the discovery of deep water beds off the Long Island and New Jersey shores. Here are used relatively small dredges, like those necessitated by the rocky bottom so prevalent in Maine waters. Although the anatomy and embryology of the sea scallop have been worked out with much care, because of its deep water habitat, comparatively little is known of its habits and life history.

To become better acquainted with this, fortunately, "muscle bound" mollusk, the Service has this advice, and some recipes, to offer:

Scallops are purchased by the pound, and should be cream-colored--avoid those that are very white. There are two varieties: bay, or cape, scallops, the small variety, and sea scallops, the large. To ready them for preparation, wash quickly in cold water. The meats vary in size from the small bay scallops (3/4 inch cubes) to the sea scallops (cubes of 2 inches or more). If the larger scallops are used, it is well to split them across the grain to a thickness of 5/8 inch, more or less.

Sauteed Scallops

Cook 1 pound scallops in a small amount of boiling water 5 minutes, drain, dry. Cook 1 small onion, finely minced in 2 tbsps, butter or bacon fat until tender. Add scallops and saute until brown. Sprinkle with salt, pepper and chopped parsley. Serve on toast with lemon.

(160 Easy-to-Prepare Seafood Recipes.)

Sea Soup

Cut 2 cups of scallops very fine. Sprinkle with 1 tbsp. lemon juice. Cover and let stand 20 minutes. Add 1 cup of water. Slowly bring to boiling point. Add 1 quart hot milk, 2 tbsps. butter and salt and pepper to taste. Cook below boiling point for 8 minutes. May be strained before serving.

(160 Easy-to-Prepare Seafood Recipes.)

Scallop Fritters

Cook 1 pound scallops in 1/4 cup hot water or milk, 5 minutes. Drain. Cut into small pieces. Add enough milk to liquid drained from scallops to make 1 cup. Mix with 2 eggs, well beaten. Combine 2 cups flour, 2 tsps. baking powder, 1/2 tsp. salt and 1/4 tsp. pepper. Stir liquid into flour mixture. Beat hard. Add 1 tbsp. butter melted and the scallops. Drop by spoonfuls into deep hot fat. Fry golden brown. Serve with cheese or other sauce.

(160 Easy-to-Prepare Seafood Recipes.)

Scallops Mornay

Put one pint of scallops in a saute pan with an ounce of butter, season with salt and pepper and heat. Remove the juice and add one cupful of thick cream sauce, mix well and put in a deep dish, sprinkle with grated Parmesan or Swiss cheese, put small bits of butter on top and bake in a hot oven until brown. Serves 4.

(500 Ways to Prepare Calif. Sea Foods)

Scallops with Bacon

1 quart scallops

1/2 lb. thin sliced bacon

Boil scallops (splitting large ones) in their own liquor or water until they begin to shrink. In a baking pan, place a layer of bacon, then a layer of scallops and cover with a second layer of bacon. Cook in a moderate oven until done. (Practical Fish Cookery)

Scallops Newburg

Put one pint of scallops in a saute pan with 2 tbsps butter, season with salt and pepper, and saute for about 3 minutes over a hot fire; then drain off and add one pint of sauce Newburg. Do not cook further and serve from a chafing dish. Serves 4. (500 Ways to Prepare California Sea Foods)

Deviled Scallops

Cook scallops in small amount water until they begin to shrivel, drain and add sauce: Mix 1/2 cup tomato sauce with 1 tsp. prepared mustard, 1/2 tsp. seasoning sauce, juice of 1/2 lemon and a few grains of cayenne. Simmer 2 minutes. Serve on toast with grated cheese. (160 Easy-to-Prepare Seafood Recipes)

Scallop Cocktail

Cook scallops in small amount of hot water until they begin to shrivel, about 5 minutes. Drain, chill. If scallops are small, serve whole; if large, cut in half. Serve 5 small ones to a serving of cocktail sauce. (160 Easy-to-Prepare Seafood Recipes)

Fried Scallops

1 qt. scallops

2 eggs, beaten into 4

Tbsps. cold water

Cracker or fine bread crumbs

Salt, pepper

Cooking oil

Tartar Sauce

If scallops are large, cut to cubes of about 3/4 inch size. Immerse scallops for 3 minutes in salted water, using 1 tbsp. salt to 1 cup cold water. Drain scallops and dust with pepper if desired. Dip scallops into beaten egg-water mixture and roll in crumbs. Scallops may be pan-fried but are best cooked in deep fat at about 380 degrees F. A single layer of scallops is placed in a well oiled frying basket and cooked until deep brown. Serve with tartar sauce. (Practical Fish Cookery)