



DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SCALLOPS ARE AVAILABLE AND EASY-TO-PREPARE

During these busy spring days when the homemaker is spending so many extra hours in getting her home into tip-top shape for leisurely summer living for the family, meal planning must, of necessity, be very simple.

It is essential that menus planned at this time include foods that are easy to get, easy to prepare, and nutritious. The scallop, a species of shellfish, meets these specifications. It appears on the market in fresh or frozen form. There is no preparation waste.

The part of the scallop familiar to Americans is the adductor muscle, a firm, white circle of meat sometimes called the "eye". Its function is to open and close the scallop shell. There are two varieties of scallops: the small bay type from inshore bay waters, and the sea scallop, a large kind found on the off-shore banks of the north Atlantic.

Scallops possess a pleasant, sweet flavor. They are delicious when broiled, baked, fried, or used in combination dishes. The home economists of the United States Fish and Wildlife Service suggest "Fried Scallops" as an easy-to-prepare recipe which can be used on busy days.

FRIED SCALLOPS

2 pounds scallops, fresh or frozen	Dash pepper
1 egg, beaten	$\frac{1}{2}$ cup flour
1 tablespoon milk	$\frac{1}{2}$ cup dry bread crumbs
1 teaspoon salt	

Thaw frozen scallops. Remove any shell particles. Cut large scallops in half. Combine egg, milk, and seasonings. Combine flour and crumbs. Dip scallops in egg mixture and roll in flour-and-crumbs mixture.

Pan-Fried

Place scallops in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When scallops are brown on one side, turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes. Drain on absorbent paper. Serves six.

Deep-Fat Fried

Fry in a basket in deep fat, 350° F., for 2 to 3 minutes or until brown. Drain on absorbent paper. Serves six.

Note:-- A commercial breading may be used. Follow the directions on package.

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