

## **Scallop** (Fish & Seafood)

**Interesting facts:** Unlike the mussel and the oyster, the scallop cannot close and seal its shell completely and so can only survive in the deeper, full salinity sea water. This marine animal can reach the size up to 9 inches in length. The smaller scallop has the size around 4 inches such as bay scallop.

**How to select:** Purchase wild caught dry-packed or diver-caught, which usually indicate a higher-quality scallop. Bay scallops are a less common variety of coastal scallop that are smaller, sweeter, and more delicate. Whichever kind you buy, look for scallops that are a uniform pearly white color with firm, slightly moist flesh. They shouldn't be either completely dry or dripping with moisture.

**How to clean and store:** To store fresh scallops, keep them in the refrigerator until ready to use. Do not store scallops in water. Fresh scallops should not be stored in the fridge for more than two days. Ideally scallops should be cooked within one day. If frozen they will last for 3-6 months.

**How to prepare and cook:** Seared or grilled

Melt a little butter or olive oil in a skillet over medium-high heat and sear the scallops. We sear them for about a minute and a half on both sides, just enough to get a golden crust and barely cook them through. To get a really crispy crust, make sure the scallops are dry as possible before going into the pan and salt them only at the very last second. Same for grilling. Serve with a wedge of lemon.