



Scallop Pot Pie

READY IN



120 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bay scallops
- ☐ 2.5 cup bottled clam juice
- ☐ 0.5 cup flat leaf parsley leaves only roughly chopped
- ☐ 3 cup flour all-purpose divided
- ☐ 3 tablespoon heavy cream
- ☐ 0.3 cup ice water
- ☐ 1 teaspoon kosher salt
- ☐ 2 cup peas frozen
- ☐ 1 pinch freshly cracked pepper black plus more to taste

- ☐ 1 tablespoon pernod
- ☐ 1 tablespoon sea salt plus more to taste
- ☐ 4 ounce butter unsalted

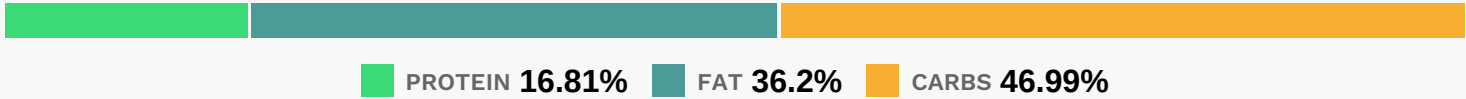
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Make the crust: Pulse 2 ½ cups flour and salt in a food processor until combined.
- ☐ Saute the onions and fennel with the butter in a large saute pan on medium heat until the onions are translucent, 10 to 15 minutes.
- ☐ Add ½ cup flour and cook on low heat for 3 more minutes, stirring occasionally. Slowly add the stock, Pernod, sea salt, and pepper and simmer for 5 more minutes.
- ☐ Add the heavy cream.
- ☐ Place the bay scallops, frozen peas, and parsley in a bowl.
- ☐ Pour the sauce over the mixture and check the seasonings. Set aside. Assemble the pie: Preheat the oven to 375 degrees F.
- ☐ Roll each the chilled dough disc to fit a 9 or 9 ½-inch round by 2-inch high ovenproof pie plate or baking dish.
- ☐ Place 1 crust in the dish, fill with the scallop mixture, and top with the second crust. Crimp the crusts together and brush with the egg wash. Make a few vents in the top crust and bake for 1 hour and 15 minutes, until the top is golden brown and the filling is bubbling hot.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:27.31, Inflammation Score:-8, Nutrition Score:18.291739370512%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.38kcal (18.92%), Fat: 14.9g (22.92%), Saturated Fat: 8.85g (55.33%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 40.05g (14.56%), Sugar: 2.46g (2.73%), Cholesterol: 50.44mg (16.81%), Sodium: 1635.79mg (71.12%), Alcohol: 0.71g (100%), Alcohol %: 0.36% (100%), Protein: 15.56g (31.13%), Vitamin K: 71.98µg (68.55%), Selenium: 24.65µg (35.22%), Folate: 127.82µg (31.95%), Vitamin B1: 0.47mg (31.57%), Phosphorus: 310.96mg (31.1%), Vitamin B3: 5.03mg (25.14%), Manganese: 0.49mg (24.48%), Vitamin C: 19.52mg (23.66%), Vitamin A: 1034.95IU (20.7%), Vitamin B2: 0.33mg (19.41%), Iron: 3.34mg (18.53%), Vitamin B12: 0.91µg (15.15%), Fiber: 3.46g (13.84%), Potassium: 350.38mg (10.01%), Copper: 0.19mg (9.72%), Zinc: 1.44mg (9.61%), Magnesium: 38.19mg (9.55%), Vitamin B6: 0.14mg (6.84%), Calcium: 55.66mg (5.57%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.3µg (2.02%)