



Scallop Toasts with Wasabi Caviar

READY IN



45 min.

SERVINGS



24

CALORIES



41 kcal

Ingredients

- 2 tablespoons sesame seed black
- 1 tablespoon pickled ginger minced
- 3 large scallions dark white green minced thinly sliced
- 0.5 pound sea scallops
- 2 tablespoons butter unsalted melted
- 2 tablespoons wasabi caviar
- 6 slices sandwich bread thin

Equipment

- food processor

- frying pan
- baking sheet
- oven
- ziploc bags
- pastry bag
- pastry brush

Directions

- Preheat the oven to 350°F.
- Lightly brush the bread on both sides with the melted butter. Using a 1 1/2-inch biscuit cutter, cut out 4 rounds from each slice of bread. Arrange the bread on a baking sheet and toast for 5 to 6 minutes, or until lightly golden.
- Let the toasts cool on the baking sheet. Leave the oven on.
- Melt the remaining 1 tablespoon of butter in a small skillet.
- Add the minced scallions and cook over moderate heat, stirring, until softened, about 2 minutes. Scrape the cooked scallions into a food processor and let cool.
- Add the ginger and pulse until combined.
- Add the scallops and process to a paste.
- Transfer the scallop mousse to a pastry bag fitted with a 1/2-inch round tip or a plastic bag with a corner snipped off. Pipe a rounded 1/2 teaspoon of the mousse onto the toasts. Alternatively, spoon the mousse on the toasts.
- Using your finger or a pastry brush, smooth the top of the scallop mousse with the ginger pickling liquid.
- Bake the scallop toasts for about 5 minutes or until the tops are firm but not rubbery.
- Let cool, then top half of each toast with the caviar and sprinkle the other half with the sesame seeds.
- Garnish with the sliced scallion greens and serve the toasts at room temperature.
- Make Ahead: The scallop mousse can be refrigerated for up to 1 day.
- Wine Recommendation: Stuckey: High-acid, low-alcohol German wines, like the sharp, mineral-driven 1997 Lingenfelder Grosskarlbacher Osterberg Sptlese Riesling, go with anything that has ginger or wasabi--and the toasts have both. Triffon: The crisp 1995

Trimbach Riesling from Alsace handles the briny flavor of caviar as well, if not better, than the more traditional Champagne; there's also the illusion of sweetness that matches the sweetness of the scallops.

Nutrition Facts



PROTEIN **22.04%** FAT **39.55%** CARBS **38.41%**

Properties

Glycemic Index:6.53, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:2.4391304384107%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 40.6kcal (2.03%), Fat: 1.8g (2.77%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.61g (1.31%), Sugar: 0.42g (0.47%), Cholesterol: 12.62mg (4.21%), Sodium: 87.64mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin B12: 0.4µg (6.7%), Vitamin K: 6.57µg (6.26%), Selenium: 3.8µg (5.42%), Phosphorus: 49.21mg (4.92%), Manganese: 0.06mg (3.11%), Iron: 0.55mg (3.07%), Folate: 11.87µg (2.97%), Vitamin B1: 0.04mg (2.81%), Magnesium: 11.02mg (2.76%), Calcium: 26.55mg (2.66%), Copper: 0.04mg (2.14%), Vitamin B3: 0.42mg (2.09%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.22mg (1.47%), Vitamin A: 72.78IU (1.46%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.32g (1.26%), Potassium: 43.72mg (1.25%), Vitamin B5: 0.11mg (1.06%)