



Scallop-Wild Rice Pie in a Hazelnut Crust

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

Ingredients

- ☐ 1 pound bay scallops drained well
- ☐ 0.3 cup butter cold cut into pieces
- ☐ 2 tablespoons butter
- ☐ 0.5 cup rice wild cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1.7 cups flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.5 cup hazelnuts chopped
- ☐ 0.8 cup heavy whipping cream
- ☐ 5 tablespoons ice water

- ☐ 0.1 teaspoon lemon-pepper seasoning
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 cup mirin
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots minced
- ☐ 0.3 cup shortening

Equipment

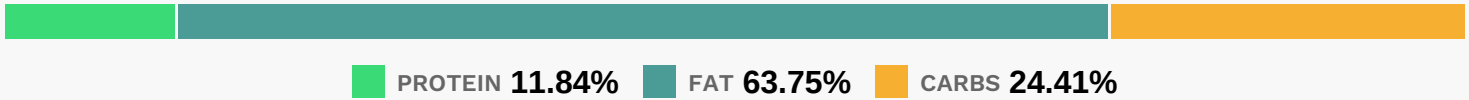
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ casserole dish
- ☐ slotted spoon

Directions

- ☐ Pulse first 3 ingredients in a food processor 3 or 4 times or until combined.
- ☐ Add butter and shortening, and pulse 5 or 6 times or until crumbly. With processor running, gradually add 5 tablespoons water, and process until dough forms a ball and separates from sides of bowl, adding more water if necessary. Cover and chill.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add mushrooms and shallot; saut 5 minutes or until mushrooms are tender.
- ☐ Remove mushroom mixture from skillet; set aside.
- ☐ Add scallops to skillet; saut 3 minutes.
- ☐ Remove with a slotted spoon; set aside.
- ☐ Whisk together cornstarch and wine in a bowl.

- ☐ Combine cornstarch mixture, cream, and cheese in a large skillet over medium heat; cook 3 minutes or until mixture is thickened.
- ☐ Remove from heat, and stir in mushroom mixture, scallops, rice, and remaining ingredients. Set aside and keep warm.
- ☐ Divide dough in half. On a lightly floured surface, roll each half to 1/8-inch thickness.
- ☐ Place one half of dough in bottom of a lightly greased 2-quart casserole dish. Spoon scallop mixture over crust.
- ☐ Place other half of dough over filling, pinching to seal edges.
- ☐ Cut slits in top of crust with a knife.
- ☐ Bake at 350 for 1 hour or until crust is lightly browned.
- ☐ Let stand 10 minutes before serving.
- ☐ Wine note: Can I pair anything but Riesling? With the sweetness of the hazelnuts, the scallops, and the sauce, i would head straight for a bottle from Germany in the Mosel region. Something like Fritz Haag Brauneberger Juffer-Sonnenuhr Riesling Kabinett 2001 (\$27). -- Steven Geddes

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:13.784347896991%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 471.72kcal (23.59%), Fat: 33.5g (51.54%), Saturated Fat: 15.04g (94.01%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 26.83g (9.76%), Sugar: 2.01g (2.24%), Cholesterol: 70.31mg (23.44%), Sodium: 606.44mg (26.37%), Alcohol: 0.77g (100%), Alcohol %: 0.49% (100%), Protein: 14g (28.01%), Manganese: 0.72mg (35.97%), Phosphorus: 317.91mg (31.79%), Selenium: 21.32µg (30.45%), Vitamin B1: 0.3mg (19.68%), Vitamin B2: 0.33mg

(19.47%), Folate: 75.36µg (18.84%), Vitamin B3: 3.26mg (16.32%), Vitamin B12: 0.92µg (15.41%), Vitamin E: 2.22mg (14.8%), Copper: 0.29mg (14.59%), Vitamin A: 691.67IU (13.83%), Iron: 2.1mg (11.65%), Magnesium: 41.13mg (10.28%), Potassium: 343.83mg (9.82%), Zinc: 1.44mg (9.58%), Vitamin B5: 0.9mg (9.01%), Vitamin B6: 0.16mg (8.23%), Fiber: 2.02g (8.06%), Calcium: 74.18mg (7.42%), Vitamin K: 7.54µg (7.18%), Vitamin D: 0.43µg (2.9%), Vitamin C: 1.45mg (1.76%)