



Scallops with Mushrooms in White-Wine Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup coarse bread crumbs from a baguette fresh
- ☐ 1.3 cups cooking wine dry white
- ☐ 1 large egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 tablespoons flat-leaf parsley fresh minced
- ☐ 0.5 cup heavy cream
- ☐ 8 cups kosher salt to stabilize scallop shells (if using)

- ☐ 0.5 lb mushrooms halved lengthwise thinly sliced lengthwise
- ☐ 0.5 small onion sliced
- ☐ 0.5 ounce parmigiano-reggiano finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 lb sea scallops cut into 3/4-inch pieces
- ☐ 0.5 turkish or
- ☐ 6 tablespoons butter unsalted
- ☐ 1 cup water

Equipment

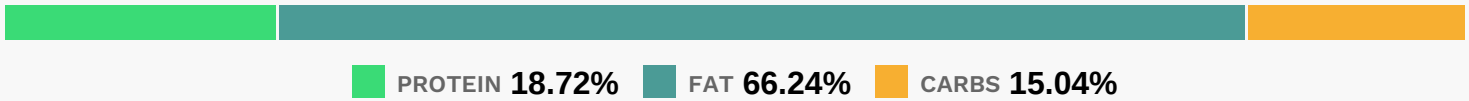
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Toast bread crumbs on a baking sheet in middle of oven until pale golden, 6 to 8 minutes, then toss with cheese.
- ☐ Simmer wine, water, onion, bay leaf, salt, and pepper in a 2 1/2- to 3-quart heavy saucepan, uncovered, 5 minutes, then add scallops and simmer, uncovered, stirring occasionally, until just cooked through, 2 to 3 minutes.

- ☐ Transfer scallops to a platter with a slotted spoon to cool, returning any onions to pan, then boil cooking liquid until reduced to about 1 cup, 8 to 10 minutes.
- ☐ Pour cooking liquid through a sieve into a bowl.
- ☐ Cook mushrooms in 2 tablespoons butter in a 10- to 12-inch heavy skillet over moderate heat, stirring occasionally, until most of liquid mushrooms give off is evaporated, about 5 minutes. Season with salt and pepper.
- ☐ Whisk together cream and yolk in a heatproof bowl. Melt 2 tablespoons butter in cleaned 2 1/2- to 3-quart saucepan over moderately low heat, then add flour and cook roux, whisking, 2 minutes.
- ☐ Remove pan from heat and add reduced cooking liquid in a stream, whisking constantly. Return pan to heat and simmer, whisking, 1 minute.
- ☐ Pour sauce in a slow stream into cream mixture, whisking constantly, then pour sauce back into pan and simmer, whisking, 1 minute.
- ☐ Remove from heat and season with salt and pepper.
- ☐ Preheat broiler.
- ☐ Stir scallops and mushrooms into sauce, then divide among scallop shells or ramekins and sprinkle with bread crumb mixture. If using shells, spread kosher salt evenly in a large shallow baking pan, then nestle shells in salt. Dot scallops with remaining 2 tablespoons butter, then broil about 4 inches from heat until golden, about 2 minutes.
- ☐ Sprinkle with parsley.
- ☐ * Available at Bridge Kitchenware (800-274-343
- ☐ • Scallop mixture can be made (but not spooned into shells or ramekins) 1 day ahead and chilled, covered. Reheat in a saucepan over moderate heat before proceeding.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:9.5569565607154%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin:

0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 234.7kcal (11.73%), Fat: 15.48g (23.82%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.33g (2.67%), Sugar: 1.79g (1.99%), Cholesterol: 77.15mg (25.72%), Sodium: 113605.63mg (4939.38%), Alcohol: 3.86g (100%), Alcohol %: 1.01% (100%), Protein: 9.85g (19.7%), Phosphorus: 260.63mg (26.06%), Manganese: 0.41mg (20.7%), Selenium: 13.56µg (19.37%), Vitamin B12: 0.93µg (15.45%), Vitamin K: 14.05µg (13.38%), Calcium: 123.43mg (12.34%), Vitamin A: 591.23IU (11.82%), Vitamin B2: 0.2mg (11.59%), Copper: 0.22mg (10.81%), Iron: 1.78mg (9.91%), Vitamin B3: 1.78mg (8.88%), Potassium: 296.02mg (8.46%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.72mg (7.16%), Magnesium: 26.72mg (6.68%), Folate: 25.72µg (6.43%), Vitamin B6: 0.11mg (5.75%), Vitamin B1: 0.08mg (5.3%), Vitamin D: 0.58µg (3.84%), Vitamin E: 0.45mg (3.02%), Vitamin C: 2.01mg (2.43%), Fiber: 0.58g (2.31%)