

STARTER & SNACK

Sea Scallops Coquille St. Jacques

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$1.19	216 kcal

Sea Scallops Coquille St. Jacques is a pescatarian hor d'oeuvre. This recipe serves 12 and costs \$1.19 per serving. One portion of this dish contains approximately 8g of protein, 15g of fat, and a total of 224 calories. It is brought to you by My Recipes.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ ½ cup butter, melted
- ☐ 3 tablespoons butter
- ☐ ½ cup dry white wine
- ☐ 1 pound sliced fresh mushrooms
- ☐ 2 garlic cloves, chopped
- ☐ 1 cup half-and-half
- ☐ 12 servings Paprika
- ☐ 0.1 teaspoon saffron threads
- ☐ 20 sea scallops, cut into 1/2-inch pieces
- ☐ 1 cup Japanese breadcrumbs (Panko)
- ☐ 1 tablespoon butter, melted
- ☐ 2 rib celery ribs, chopped
- ☐ 5 tablespoons all-purpose flour
- ☐ ¼ cup minced fresh parsley
- ☐ 1 Dash ground red pepper
- ☐ 1 onion, diced
- ☐ ¼ cup freshly grated Parmesan cheese
- ☐ 1 teaspoon salt
- ☐ 12 scallop shells

EQUIPMENT Frying pan, Baking sheet, Sauce pan, Oven, Whisk

Method

- 1 Melt 3 tablespoons butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in half-and-half; cook over medium heat, whisking constantly, until mixture is slightly thickened.
- 2 Remove from heat, and set aside.
- 3 Saut onion and celery in 1/2 cup melted butter in a large skillet over medium heat.
- 4 Add mushrooms; saut 5 minutes.
- 5 Add garlic; saut 30 seconds.
- 6 Add scallops; saut 1 minute. Stir in wine and white sauce; cook, stirring constantly, 2 to 3 minutes or until thickened and bubbly. Stir in salt and next 3 ingredients. Stir in cheese and parsley.
- 7 Coat 12 scallop shells with cooking spray, and place on a large baking sheet.
- 8 Combine breadcrumbs and 1 tablespoon melted butter; toss well. Spoon scallop mixture into prepared shells; sprinkle with breadcrumb mixture and paprika.
- 9 Bake at 375 for 15 minutes or until bubbly and golden.
- 10 Let stand 5 minutes.
- 11 Tip: To keep scallop shells from tipping over on baking sheet, sprinkle sheet generously with rock salt, and nestle shells in salt.
- 12 Wine note: "
- 13 Let your imagination run. Try a big Chardonnay from a New World country. I suggest Leeuwin Estate (\$6
- 14 from Margaret River, Western Australia, or Lanzerac (\$2
- 15 from Stellenbosch, South Africa."--Franklin Ferguson, wine director and bar manager, Citrine restaurant, Los Angeles, CA.

Nutrition per serving

216

KCAL

7 g

PROTEIN

15 g

FAT

12 g

CARBS

Saturated Fat	9.2 g · 57% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	2.7 g · 3% of daily needs
Sodium	473 mg · 21% of daily needs
Cholesterol	45.2 mg · 15% of daily needs
Vitamin C	3.5 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sea-scallops-coquille-st-jacques-148508