

COQUILLE ST. JACQUES

Equipment:

Measuring Spoons
Measuring Cup
Microwave safe 8" square dish with cover
Wire Whip
Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1lb sea scallops 500g
1/4 cup white wine 50 ml
1 small onion, minced 1
2 tbsp butter or margarine 25 ml
2 tbsp flour 25 ml
dash white pepper
3/4 cup milk or half and half 175 ml
6 sliced mushrooms 6
1/3 cup shredded Swiss cheese 75 ml
(1 1/3 oz.) (45 g)
1/4 cup buttered bread crumbs 50 ml
Chopped parsley

Procedure:

1. Arrange scallops in an 8" (20 cm) square dish.
2. Pour wine over scallops.
3. Cover.
4. Cook at **P4** 5 - 6 minutes, or until scallops are tender; stir once.
5. Drain liquid and reserve 1/4 cup (50 ml); let scallops stand, covered.
6. Cook onion and butter in medium glass bowl at **P4** 1 - 2 minutes.
7. Stir in flour and pepper.
8. Gradually add milk and reserved liquid; stir until smooth.
9. Cook at **P4** 3 1/2 - 4 1/2 minutes, or until mixture is thickened; stir twice.
10. Stir in mushrooms and cheese; add scallops.
11. Spoon mixture into 2 1/2-quart (2.5 L) shallow oval casserole dish; top with bread crumbs and parsley.

Chefs Tip:

A classic dish that is usually finished under a broiler to brown – you can “Pipe” a border of mashed potatoes around the perimeter of the dish and slightly brown them with a torch being careful not to over heat the dish edges. Bon Appetite!