

West Coast Sea Products Ltd

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Scallops à la Bordelaise

900g (2lbs) queen scallops, shucked and shells reserved

1 x 10ml spoon (1 dessertspoon) sunflower or olive oil

1 shallot, finely chopped

1 clove garlic, crushed

2 tomatoes, skinned, deseeded and chopped

1 x 15ml spoon (1 tablespoon) fresh chopped parsley

lemon rind, to garnish

salt and black pepper

125ml (4 fl oz) dry white wine

40g (1 and one half oz) fresh breadcrumbs

30g (1oz) butter, melted

Preheat the grill

Heat the oil in a pan and add the shallots and garlic. Cook for 1-2 minutes.

Add the tomatoes, parsley, lemon rind, seasoning, wine and scallops. Cook for 2 minutes, stirring occasionally.

Spoon each scallop back into a shell with the tomato mixture and place into a large heatproof dish. Sprinkle over the breadcrumbs.

Drizzle over the melted butter and place under a hot grill. Cook for 1-2 minutes until the breadcrumbs are golden brown.

Serve as a starter with wedges of lemon.

Serves 4