

West Coast Sea Products Ltd

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Scallops Single Malt

455g (1lb) queen scallop meats, fresh or defrosted
150ml (5 fl oz) fish or chicken stock
115g (4oz) butter or margarine
2 x 15ml spoon (2 tablespoons) fresh chopped parsley
2 x 15ml spoon (2 tablespoons) single malt whisky
40g (1 and a half oz) fine oatmeal

Preheat the grill

Poach the scallops in the stock for 3-4 minutes until just tender. Drain and transfer to shallow individual dishes.

Meanwhile melt the butter or margarine in a small pan, stir in the parsley, whisky and 30g (1oz) of the oatmeal. Cook gently for 1-2 minutes.

Pour the sauce over the scallops, sprinkle with remaining oatmeal and cook under a hot grill until golden.

Serves 3-4

NUTRITIONAL VALUES PER PORTION (APPROX) 237-177 Kilocalories;
37-28g Protein; 3g Fat; 10-7g Carbohydrate; 1g Fibre.

Tip: if queen scallops are unavailable use a mixture of king scallops and skinned white fish fillet, fresh or defrosted and sliced.