

SCALLOPS DRY PACK



DESCRIPTION:

Scallops are edible bivalves similar to oysters and clams. They are harvested from Nova Scotia to Virginia in both bay waters and in the sea. Unlike an oyster or clam, they do not attach themselves to anything, but move themselves through the water by opening and closing their shells. As a result, the muscle that controls the 'hinge' of the shell is much larger than that of an oyster or clam. In Europe they eat the entire scallop, but in the US, only the abductor muscle is eaten. Since they have a very short shelf-life out of water, they are shucked from their shells on board the fishing boat or at a small shanty at the dock. The bay scallop is much smaller than the sea scallop, usually a half-inch or smaller. The sea scallop's muscle can be as large as two inches in diameter.

EATING QUALITIES:

The bay scallop has nutty flavor while the sea scallop is sweet like the sea. Both scallops are firm, but delicate to the bite.

FARMING / FISHING METHODS:

Scallops are both fished and farmed. The wild scallop is fished with a trawl and farmed scallops are done by suspension culture. Scallop fishing is highly regulated and the ocean is broken up into many different areas. These areas are opened and closed to allow the scallops to reproduce.

SOLD AS:

Sea - U-10, 10-20, 20-30, 40-60 per pound
Bay - 80/120. 120/140

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	87
Fat Calories	7
Total Fat	0.8 g
Saturated Fat	0.1 g
Cholesterol	36 mg
Sodium	87 mg
Protein	16.2 g
Omega-3	0.2 g

COOKING METHODS

Bake
Pan Fry
Broil
Smoke
Sushi

HANDLING

Scallops should be kept between 32 to 38 degrees. They are delivered in metal or plastic tins or large bags made of cheesecloth. They should all be buried in ice in a drainable container, so the scallop doesn't soak up any additional moisture.

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