

Scallops

Latin Name *Various species*

Chinese 扇贝

Japanese 帆立貝
(ホタテ貝)

Scallops are active swimmers, swimming by rapidly opening and closing their shell

Flavour



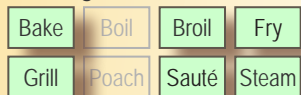
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams
(2.5-3.5 oz) per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	88.0
Total Fat (g)	0.7
Saturated Fat (g)	0.1
Protein (g)	16.8
Cholesterol (mg)	33.0
Sodium (mg)	161.0
Omega-3 (EPA & DHA)(g)	0.2

Canadian Nutrient File, Health Canada, 2007



Spiny scallop (left) Pink scallop (back)

How to Cook

Scallop's sweet and moist meat ranges from ivory to pinkish-white in colour and has a tender texture.

Scallops are almost always sold shucked because they cannot close their shells completely and lose their moisture quickly once they are taken out of the water.

Only the large and well developed adductor muscle of scallops, which open and close the shell and helps the animal swim, is eaten.

Fresh scallop meat should be shiny, firm, should hold its shape and have a sweet and briny aroma.

Scallops lose their succulent flavour if overcooked. Cook for only a few minutes till the outer surfaces turns solidly opaque. Do not overcrowd scallops in a skillet as they will give off their liquid and will be poached rather than sautéed.

Recipes

Seared Scallops and Poached Oysters with a Soy Ginger and Hijiki Broth

Mignons of Beef with Mousseline of Scallop and Prawn

About ...

Four scallop species are available in BC:

- Japanese (*Patinopecten yessoensis*)
- Pink (*Chlamys rubida*)
- Spiny (*Chlamys hastata*)
- Weathervane (*Patinopecten caurinus*)

Eating raw shellfish or shellfish harvested from areas with "red tide" increases the risk of infection, especially for people in high-risk health categories.



Seared Scallop and Poached Oysters with a Soy Ginger and Hijiki Broth

Availability

Available fresh all year

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

Products

Scallops are available:

- Live whole-in-shell
- Fresh meat
- Frozen meat

Frozen products are available year-round