



FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

ATLANTIC SEA SCALLOP



U.S. wild-caught Atlantic sea scallops are a smart seafood choice because they are sustainably managed and responsibly harvested under U.S. regulations. The U.S. sea scallop fishery is extremely important to our economy and is the largest wild scallop fishery in the world. Scallop vessels from Massachusetts, New Jersey, Rhode Island, and Virginia are responsible for the majority of the U.S. harvest.

To rebuild the once depleted scallop population, managers reduced fishing pressure on the resource by implementing areas where scallops can be harvested and rotated to protect beds of young scallops as they grow.

Scallops are a good low-fat source of protein and are high in selenium and B vitamins.

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Sesame Crusted Pan-Seared Scallops with Asian Vinaigrette on Salad

Ingredients:

Asian Vinaigrette

- 1 tablespoon finely grated fresh ginger
- 2 cloves garlic, minced
- 1 green onion, minced
- 2 tablespoons cilantro leaves, minced
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon canola oil
- 1 tablespoon sake or rice wine

Pan-Seared Scallops

- 12 large sea scallops
- 1 tablespoon canola oil
- Salt and pepper
- ½ cup sesame seeds
- 4 cups mesclun salad mix



1. In a bowl add ginger, garlic, green onion, cilantro, rice wine vinegar, sesame oil, soy sauce, 1 tablespoon of canola oil, and sake. Whisk the ingredients together to make the Asian vinaigrette. Set aside.
2. Season the scallops with salt and pepper. Place the sesame seeds on a plate and pat down the top and bottom sides of each scallop into the sesame seeds.
3. In a sauté pan, over medium-high heat, add the remaining tablespoon of canola oil. When the oil is hot, add scallops, placing them crusted-side down. Sear for approximately 1 minute, or until sesame seeds are brown. Turn and sear on the other sesame-crusted side for 1 minute.
4. Place on top of the mesclun salad mix and drizzle with your Asian vinaigrette dressing.

Recipe by Chef Dominador Valeros of Hampton, Virginia and courtesy of the Virginia Sea Grant "Chefs' Seafood Symposium" archives.

