



www.clearwater.ca

SEA SCALLOP MENU Solutions



MENU PROFITABILITY

	Example Cost	Your Cost
6 Clearwater FAS Sea Scallops	\$2.45	\$
All other ingredients	\$0.58	\$
Cost per Serving	\$3.03	\$

Braised Clearwater Sea Scallops in Marsala Sauce

Ingredients:

- 1 lb Clearwater Sea Scallops, defrosted
- ½ cup Bread crumbs, seasoned with
- 1 Tbsp garlic powder
- 1 Tbsp Olive oil
- ½ cup Sweet Marsala
- ¼ cup Heavy cream

Method:

Coat the scallops lightly with the seasoned bread crumbs. Heat a large skillet to medium heat and add the oil. Lightly brown the scallops for about 1-2 minutes per side. Remove the scallops from the pan and set aside. Add Marsala and reduce by 3/4 and add the heavy cream. Reduce the cream until it coats the back of a spoon (about 2 minutes). Pour sauce over scallops and serve immediately.

Serves 4

www.clearwater.ca

Clearwater Seafoods Limited Partnership
 757 Bedford Highway Bedford, Nova Scotia, Canada B4A 3Z7
 For additional information:
 801 Sycolin Road, Suite 304, Leesburg, VA USA 20175 Tel: (703) 669-6119



www.clearwater.ca

SEA SCALLOP MENU Solutions



MENU PROFITABILITY

	Example Cost	Your Cost
5 Clearwater FAS Sea Scallops	\$2.15	\$
All other ingredients	\$1.14	\$
Cost per Serving	\$3.29	\$

Warm Scallop Salad with Asparagus and Parmesan Shavings

Ingredients:

- 20 Clearwater Canadian Sea Scallops, thawed and dried
- 1 bunch Asparagus spears, trimmed
- 2 cups Mixed salad greens
- 12 Cherry tomatoes, halved
- 2 Tbsp Parmesan cheese
- Croutons

Salad Dressing:

- 2 Tbsp Olive oil
- 1 Tbsp White wine vinegar
- 1 tsp Wholegrain mustard
- 1 tsp Clear honey
- Salt and pepper

Directions:

Make salad dressing using olive oil, white wine vinegar, wholegrain mustard, clear honey and seasoning. Heat olive oil in a frying pan. Add asparagus spears in a single layer then season and cook gently for 5 minutes until the asparagus is just tender. Lift from the pan and set aside. Increase the heat under the pan then cook scallops in batches for about a minute each side until cooked and pale golden. Pile salad leaves onto plates and top with the warm asparagus, cherry tomatoes and the scallops. Spoon over the dressing, scatter with a few crispy croutons and parmesan cheese shavings.

Serve immediately
Serves 4

www.clearwater.ca

Clearwater Seafoods Limited Partnership
757 Bedford Highway Bedford, Nova Scotia, Canada B4A 3Z7
For additional information:
801 Sycolin Road, Suite 304, Leesburg, VA USA 20175 Tel: (703) 669-6119