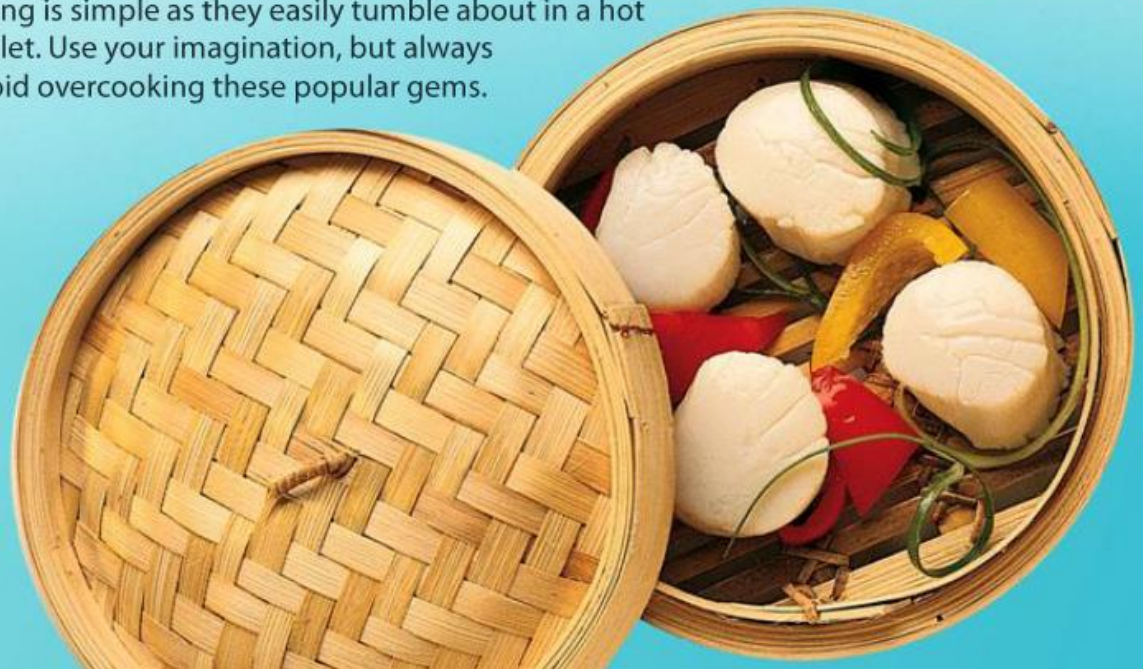
Coast to Coast IMPORTING

# SCALLOPS

Sea scallops have a sweet taste that is mildly fragrant of the ocean. Their firm, drum shaped meat is a creamy to pinkish white that turns opaque when cooked. The plump and singular nature of scallops makes them an exceedingly versatile seafood in regards to portioning and recipes. They're a cinch to bread and fry; they're a natural for skewering. Sautéing or stir frying is simple as they easily tumble about in a hot skillet. Use your imagination, but always avoid overcooking these popular gems.



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## PRODUCT FORMS

**IQF Scallops**
**All Natural IQF Scallops in :**
10/20, 20/30, 20/40 and 30/40 counts

**Treated IQF Scallop Product in :**
10/20, 20/30, 20/40 and 30/40 counts

## COOKING METHODS & APPLICATIONS

**Broiling • Grilling •** Baking **• Sautéing •** Pan-Frying **•** Deep-Frying **•** Poaching **• Steaming •** Braising **•** Stewing

- Try them battered or in stir-fry
- Lends itself perfectly to chowders, stews and soups
- Like crab or lobster – offers itself as a gourmet selection
- Mild flavor

## SELLING POINTS

- Wide popularity
- Delicious and simple to prepare
- Many size options
- No skin, bones or shells
- Generally low in fat with .5grams of fat per 4oz serving

**Nutrition Facts**
Serving Size 4 oz. Raw (113g)
Servings Per Container 6

| Amount Per Serving | |
|---|---|
| **Calories** 120 | Calories from Fat 10 |
| | % Daily Value* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 35mg | 12% |
| **Sodium** 240mg | 10% |
| **Total Carbohydrate** 3g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 18g | |

| | | |
|---|---|---|
| Vitamin A * | • | Vitamin C * |
| Calcium 2% | • | Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

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## HARVEST MAP

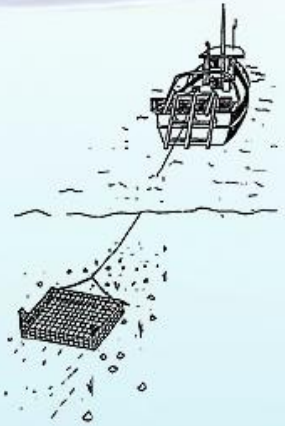
**Scallops**
*Placopecten magallanicus*
Season: Days at Sea
Quota by Vessel

Harvesting areas
Processing Centers
Farmed


## FISHING METHOD

Scallops are usually collected in **dredges** which are towed along the seabed by vessels travelling at four to six knots. The dredges are strong wire mesh boxes with a mouth. Each dredge has depressor plates which help keep the dredge on the seabed while it is being towed. After each tow the dredge is winched aboard the vessel, slid onto a cradle which tilts the dredge and thus empties it of all the scallops.

*The Atlantic coast scallops are harvested using a dredge. Scallops from Japan, China and Peru are farm raised*



## FISHERIES MANAGEMENT

The scallop industry is highly regulated in regard to the size of the scallops harvested, the fishing grounds where they can be fished, and when they can be taken. Vessels participating in the U.S. fishery are assigned a "days at sea" quota and a set number of persons per boat. These days at sea can be expended throughout the year as various harvest grounds are opened and closed.