



Scallops, Bay

scientific name

Argopecten irradians, *Pecten aequisclaeus*, *Pecten laquaetus*.

description

A bivalva mollusk with a distinct “eye” or abductor muscle, the bay scallop is smaller than the sea scallop. It takes more than 40 bay scallop meats to equal a pound. Their shells are either brown, purple, tan or orange. The raw meat is creamy white to pink and cooks up white.

alternatives

Sea scallops.

source

Domestic bay scallops are harvested in the Atlantic Ocean, from Massachusetts to Florida. They are also imported from Canada, Iceland, China, the Philippines, Thailand, Brazil, Uruguay, Argentina, Mexico and Peru. China has become one of the world’s largest producers of bay scallops.

interesting fact

Cape Cod scallops from New England are bay scallops that are considered to be of the highest quality.

harvest method

Wild bay scallops are harvested by dredgers or raking in shallow inlets or bays and are usually shucked and cleaned on-board. Farmed bay scallops are grown in baskets that are hung into the ocean.

harvest season

In New England, the season runs from October until April (or until seasonal quotas are met), with the heaviest landings occurring the first couple of months of the season. In Florida the season runs year-round and in China the harvest occurs in the spring and fall.

flavor

Bay scallops have a rich and sweet flavor.

texture/color

Bay scallops are firm, lean and delicate.

wet vs dry scallops

There are two categories of scallops: natural, dry scallops which have no chemicals or water added to them, and “wet” or “processed” scallops which have been soaked or dipped in sodium tripolyphosphate (STP) to reduce drip loss, maintain texture and whiten the meat. The STP also adds water weight to the scallops. In the past several years, water-added scallops have become the predominant product form due to their affordability. However, dry scallops are superior in quality and thus command a higher price.

quality control

Fresh scallops have a strong odor, unique to scallops. However, all scallops, especially dry-packed scallops have a tendency to smell “gassy” when the packing container is opened. These gases are natural and do not indicate spoiled product. Dry scallops can have a significant “gassy” odor while wet or processed scallops may have a milder “gassy” odor. The texture of the muscle should always be moist and firm. Raw scallops should be kept cold and be prepared on clean surfaces.

preparation

Bay scallops can be eaten raw if they are very fresh. They are also excellent steamed, baked, broiled, sautéed, fried and grilled or as additions to soups or pasta dishes. It is important to not over-cook the bay scallops as they will toughen and lose some of their flavor.

market segments

Bay scallops are appropriate for casual dining, fine dining, hotels, and resort/club markets.

nutritional facts

3.5 oz (100g) raw edible portion

Calories 80; calories from fat 5; total fat 0.6/0%; Saturated fat 0.9g/1%; cholesterol 0mg/0%; sodium 0mg/0%; carbohydrates 2.9g/2%; protein 14.8g; potassium 0mg.



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