

# Scallop Pockets

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 25 appetizers**

*25 large scallops*  
*1 tablespoon oil*  
*two-inch piece fresh ginger, grated*  
*4 spring onions, finely chopped*  
*1 tablespoon dry sherry*  
*2 teaspoons sesame oil*  
*1 teaspoon cornflour*  
*salt (to taste)*  
*pepper (to taste)*  
*25 won ton or egg noodle wrappers*  
*oil (for shallow frying)*  
*1/2 ounce garlic chives (for serving),*  
*blanched*

## **Preparation Time: 40 minutes**

### **Cook Time: 15 minutes**

Carefully slice or pull off any vein, membrane or hard white muscle from the scallops, leaving any roe attached.

Heat the oil in a pan. Add the ginger and spring onion. Cook over medium heat for 2 minutes, stirring occasionally. Increase the heat and, when the pan is very hot, add the scallops. Stir-fry, tossing quickly, for 30 seconds. Remove the pan from the heat.

In a small bowl, blend the wine, sesame oil, cornflour and a little salt and pepper until it forms a smooth paste. Pour over the scallops. Return to the heat and toss over high heat for 30 seconds or until the liquid has thickened. Cool completely.

Working with one wrapper at a time and keeping the rest covered, brush the edge of each lightly with water. Place a scallop in the center, bring up the sides and pinch together to form a pouch with a frill at the top. Put on a paper-covered baking tray. Repeat with the remaining wrappers and filling.

Heat 3/4-inch of oil in a skillet to 350 degrees. The oil is hot enough when a cube of bread sizzles and turns golden brown in 15 seconds. Cook the scallop pouches, in batches if necessary, for 5 minutes or until golden brown. Drain on paper towels.

Tie a blanched garlic chive around each bundle and serve immediately.

*The scallop pockets can be filled one day ahead, covered and refrigerated. Do not deep fry until just before serving.*

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Per Serving (excluding unknown items): 457 Calories; 25g Fat (50.9% calories from fat); 43g Protein; 10g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 414mg Sodium. Exchanges: 6 Lean Meat; 1 Vegetable; 4 1/2 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	457	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	50.9%	<b>Vitamin B12 (mcg):</b>	3.8mcg
<b>% Calories from Carbohydrates:</b>	9.6%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	39.5%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	25g	<b>Folacin (mcg):</b>	78mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	12g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	7g	<b>Alcohol (kcal):</b>	17
<b>Cholesterol (mg):</b>	83mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	10g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	43g		
<b>Sodium (mg):</b>	414mg		
<b>Potassium (mg):</b>	979mg		
<b>Calcium (mg):</b>	104mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	19mg		
<b>Vitamin A (i.u.):</b>	356IU		
<b>Vitamin A (r.e.):</b>	61RE		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	6
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

**Amount Per Serving**

**Calories** 457 **Calories from Fat:** 233

**% Daily Values\***

<b>Total Fat</b> 25g	38%
Saturated Fat 3g	14%
<b>Cholesterol</b> 83mg	28%
<b>Sodium</b> 414mg	17%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 2g	6%
<b>Protein</b> 43g	
<b>Vitamin A</b>	7%
<b>Vitamin C</b>	31%
<b>Calcium</b>	10%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.