
Coquilles St. Jacques A La Parisienne

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

Scallops and Mushrooms in a White Wine Sauce

1 cup dry white wine
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 bay leaf
1 tablespoon minced green onions
1 pound scallops
1/2 pound sliced fresh mushrooms
SAUCE
3 tablespoons butter
4 tablespoons flour
3/4 cup milk
2 egg yolks
1/2 cup 35% cream
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon lemon juice
1/2 teaspoon butter (for greasing shells)
6 tablespoons grated Swiss cheese
1 1/2 tablespoons butter, cut into six pieces

In a saucepan, simmer the wine, salt, pepper, bay leaf and onions for 5 minutes. Add the scallops and mushrooms. Pour in enough water to barely cover. Cook slowly for 5 minutes. Remove the scallops and mushrooms. Set aside.

Boil down the cooking liquid rapidly to one cup. Melt butter and add the flour. Cook slowly for 2 minutes. Remove from the heat. Blend in the cooking liquid and milk. Cook for 1 minute.

In a bowl, blend the egg yolks and cream. Very slowly beat into the hot sauce. Return to the heat and boil, stirring, for 1 minute. Thin out if necessary with more cream. Season to taste with salt, pepper and lemon juice. Strain.

Cut the scallops into crosswise pieces about 1/8 inch thick, checking for bits of shell. Blend 2/3 of the sauce with the scallops and mushrooms. Spoon into six buttered shells and cover with the rest of the sauce. Sprinkle with cheese and dot with butter.

Refrigerate.

Fifteen minutes before serving, set the shells eight to nine inches under the broiler to heat through and gradually brown the top.

(This dish is usually served as a first course or a light luncheon dish. It freezes well.)

Seafood

Per Serving (excluding unknown items): 237 Calories; 12g Fat (51.6% calories from fat); 16g Protein; 9g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 451mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.