

Crispy Scallops with Tarragon Cream

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Servings: 4

Start to Finish Time: 25 minutes

1 egg

2 teaspoons water

2/3 cup Italian-style panko bread crumbs

1/3 cup mashed potato flakes

1 pound sea scallops

1/4 cup olive oil

2 tablespoons butter

1 tablespoon all-purpose flour

1/4 teaspoon salt

1/8 teaspoon pepper

3/4 cup heavy whipping cream

2 tablespoons fresh tarragon or two teaspoons dried tarragon, minced

In a shallow bowl, whisk the egg and water.

In another shallow bowl, combine the bread crumbs and potato flakes.

Dip the scallops in the egg mixture, then coat with the crumb mixture.

In a large skillet over medium-high, heat the oil. Cook the scallops in batches for 2 minutes on each side or until golden brown.

In a small saucepan, melt the butter. Stir in the flour, salt and pepper until smooth. Gradually add the cream. Bring to a boil.

Cook and stir for 1 to 2 minutes or until thickened. Stir in the tarragon.

Serve with the scallops.

Per Serving (excluding unknown items): 464 Calories; 38g Fat (73.5% calories from fat); 22g Protein; 9g Carbohydrate; trace Dietary Fiber; 167mg Cholesterol; 413mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 7 1/2 Fat.