

Mom`s Dizzy Scallops

Kevin Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 2

1/2 cup pale dry sherry

3/4 cup water

1/2 teaspoon instant minced onion

8 ounces frozen scallops

1/2 cup fresh mushrooms, sliced

1 tablespoon margarine, melted

1 1/2 tablespoons flour

1/2 cup milk

1/4 cup grated cheese (Swiss or cheddar)

In a saucepan, combine the sherry, water and instant onion. Simmer for 5 minutes. Add the frozen scallops and mushrooms. Cover and simmer for 5 minutes. Remove the scallops and mushrooms. Set aside.

Continue cooking the stock until reduced to 1/2 cup volume, about 15 minutes.

In another saucepan, melt the margarine. Stir in the flour. Stir in the fish stock and milk. Cook and stir until the mixture thickens and bubbles. Add the cheese, stirring until melted. Remove from the heat.

Place the scallops and mushrooms in two individual baking dishes. Pour the sauce over the top.

Bake in the oven at 375 degrees for 15 to 20 minutes or until nice and bubbly.

(If the recipe is doubled, it will make five to six nice appetizers.)

Per Serving (excluding unknown items): 114 Calories; 8g Fat (61.1% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.