

BAKED SCALLOPS

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
124 cal	6 g	14 g	5 g	37 mg	257 mg	32 mg

Ingredient

SCALLOPS,SEA,RAW
 JUICE,LEMON
 BREADCRUMBS
 SALT
 PEPPER,BLACK,GROUND
 PAPRIKA,GROUND
 BASIL,SWEET,WHOLE,CRUSHED
 GARLIC POWDER
 BUTTER,MELTED
 PARSLEY,DEHYDRATED,FLAKED

Weight

30 lbs
 11-1/2 oz
 1-3/8 lbs
 1/2 oz
 1/8 oz
 1/8 oz
 1/4 oz
 3/4 oz
 1 lbs
 3/8 oz

Measure

2 gal 1 qts
 1-3/8 cup
 1 qts 2 cup
 3/8 tsp
 1/3 tsp
 1/8 tsp
 1 tbsp
 2-2/3 tbsp
 2 cup
 1/2 cup

Issue**Method**

- 1 Wash scallops thoroughly; cut large ones in half. Drain well.
- 2 Marinate scallops in lemon juice 5 to 10 minutes.
- 3 Mix bread crumbs, salt, pepper, paprika, basil and garlic.
- 4 Drain scallops. Dredge scallops in seasoned bread crumbs. Place an equal quantity of scallops in each steam table pan.
- 5 Drizzle 1/2 cup melted butter or margarine over top of scallops in each pan. Using a convection oven, bake at 350 F. 20 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Remove from oven; sprinkle each pan with 2 tablespoons parsley. CCP: Hold at 140 F. or higher for service.