

CREOLE SCALLOPS

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 166 cal | 18 g | 18 g | 3 g | 31 mg | 571 mg | 80 mg |

Ingredient

CREOLE SAUCE
 SCALLOPS,SEA,RAW
 WATER

Weight

34 lbs
 29-1/4 lbs

Measure

4 gal 1 qts
 2 gal 2-1/4 qts
 3 gal 2 qts

Issue

Method

- 1 Prepare 2 recipes Creole Sauce, Recipe No. O 005 00 per 100 portions for use in Step 4.
- 2 Wash scallops thoroughly; cut large ones in half. Drain well.
- 3 Cook scallops in steam-jacketed kettle or stock pot 3 to 4 minutes. DO NOT OVERCOOK. Drain well.
- 4 Add cooked scallops to sauce; bring to simmer; cook 2 to 3 minutes. CCP: Internal temperature must reach 145 F. or higher.
- 5 CCP: Hold for service at 140 F. or higher.