

Broiled Coquilles St. Jacques with Mango Salsa

Author: Chef Eric



This Broiled Coquilles St. Jacques with Mango Salsa recipe is one of the best ways to eat your coquilles St. Jacques. Watch the cooking process, as the coquilles cook very fast and are less enjoyable when overcooked. Try not to serve the salsa too cold as it might clash with the scallops - I prefer to serve the salsa at room temperature.

Ingredients

For the scallops:

8 fresh coquille St. Jacques in their shells
Freshly ground pepper
A tablespoon of melted butter

For the salsa:

1 medium size ripe mango, peeled and diced
1 ripe medium tomato, diced
½ white medium onion, chopped
3 green onions, chopped
1 lime, freshly squeezed
3 tablespoons olive oil
Salt and pepper, to taste

Preparation Time	30 min	Difficulty	Normal
Portions	8 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Make the salsa: Cut and mix together all ingredients for the salsa, season with salt and pepper, and reserve in refrigerator.

Open the scallops: Grasp the scallop shell with the tea towel. Insert the knife at the front of the scallop, scraping it along the top of the shell. Turn the shell as you move the knife, keeping the blade against the top of the shell. Remove the top shell, being very careful not to damage the meat.

Use the spoon to scrape the scallop from the shell. Holding the scallop in your hands, gently tear off the membrane "skirt" from the meat and coral. Place the actual scallop with the coral still attached into the bowl of cold water to wash away any grit.

Take the scallop out of the water. On the side of the scallop is a small muscle that needs to be removed. So, cut it off with a knife and discard it. Place the scallop back onto the clean shell and place on a roasting tray.

Cook the scallops: Season lightly with black pepper, brush with butter and broil briefly up to a minute. Add the mango salsa and serve immediately.

Notes

General information about scallops, also called Coquille St. Jacques: Scallops are highly regarded and expensive. The shells are rounded and fan-shaped; varying in size from the smaller queen scallops 7 centimeters (3 inches) across to larger ones of about 18 centimeters (8 inches) across. The edible part is the round white muscle, and the orange and white roe (called coral). The frilly gills and mantle should be used for soup and stocks. Open scallops by putting into a hot oven or by separating the shells with a knife. Eat as soon as possible after buying. Steam, shallow-fry in butter, garlic and parsley or grill with bacon. Cook gently to preserve the rich delicate flavor. Small ones should only need a few seconds. Larger ones may need a minute or so.