



## Preparation & Cooking



Clearwater Sea Scallops are available frozen in a range of sizes and like prawns, scallops are graded in pieces per Lb (pound). Clearwater Sea Scallops come in three sizes all with unique flavour profiles.



1. U10 (20-22 pieces per kg) have a deep umami and savoury characteristic.
2. U20 (22-44 pieces per kg) have a medium level of both sweetness and umami.
3. 20-30 (44 - 66 pieces per kg) have distinctive, clean, sweet flavour and soft texture.

Clearwater scallops are dry processed and frozen. As a result they have a 100% yield from frozen scallops, 94% yield from thawed, and 84% from cooked. This is higher than any other Sea Scallop available.

To thaw Clearwater scallops we recommend the bags are taken out of the freezer 24 hours before use and placed, unopened, in a refrigeration (4C).

Once they have thawed, empty the bag, drain any excess moisture (which can be retained and used as it is an intense and delicious liquor) and place scallops in a clean container lined with dry absorbent paper, seal the container tightly and store in the coolest part of the coolroom or fridge.

Look to use thawed scallops within 4 days of thawing.

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## Culinary Applications

Clearwater scallops are sweet, plump and have a deep umami and savoury characteristic with a soft texture. All Clearwater Sea Scallops are best suited to careful “just in time” preparations. They are a delicate and fragile protein, which deserves care in handling, cooking and serving.

As Clearwater Sea Scallops are dry processed and quick frozen, their natural moisture is retained, however, this can be lost if the scallops are exposed to too high heat, too quickly. The following are recommended cooking applications specific to the unique properties of the Clearwater Sea Scallop.

### 1. Raw

Clearwater Scallops have a silky soft texture with a gelatinous, foamy character, which is a feature of the scallop when used for raw preparations. It is this texture and their unique flavour that make some chefs suggest that Clearwater Sea Scallops are at their culinary best in raw applications. Raw preparations such as sashimi, sushi, crudo, tartare, carpaccio and poke all highlight the unique texture and flavours of the grades. The U10 has a deeper savoury character when raw, the 10-20 has a medium level of both sweetness and umami and the 20-30 is bright and sweet. The natural shellfish flavour and bright, springy notes of iodine are a feature of the raw Clearwater Scallops of all grades.

### 2. Butter poach

Butter poaching is a cooking technique that gently heats the scallop, preserving the texture whilst enhancing the natural richness of the scallops. The Clearwater Scallop especially benefits from being gently poached in a soft, foaming pool of butter that provides a consistent, gentle cooking medium. This technique is ideally suited to add a richness that complements the scallop’s sweetness, and reduces the chance of over-cooking. This method avoids “splitting” the delicate protein of the scallop which can occur when dry searing over high heat.

### 3. Nut Brown Butter

Nut brown butter is a technique often referred to as *beurre noisette*, which translates to nut butter in French. When butter melts the milk solids and butterfat separate and turn brown delivering a delicious, nutty, buttery flavour which is especially suited to the lightly umami notes of the Clearwater Scallop.

Like the Butter Poach method, this technique is ideally suited to add a richness that complements the scallop’s sweetness whilst reducing the chance of over-cooking the scallop and splitting the protein.

### 4. Searing

Searing scallops on a high heat pan or grill will caramalise the outside of the adductor muscle, and if care is taken the flesh inside should still be opaque and sweet. Scallops should be brought to room temperature prior to searing to avoid shocking or “splitting” the protein in the scallop.

The perfect preparation is to heat a pan with ghee sear for 1 minute, turn the scallop over & place in oven (220C) for 2 minutes. Scallops should be watched closely to avoid over-cooking and ruining both the flavour and texture. The technique delivers a striking contrast between charred flesh and the soft, sweet scallop meat.

### 5. Crumbing, Tempura and Potato Scale

Coating scallops helps protect the protein from direct heat, while adding texture and letting the scallop reveal its true character. Crumbing and Tempura completely coat the scallop, which effectively “steams” in its coating “jacket”. The potato scale technique is especially suited to the U10 grade, providing the same protection to the scallop meat whilst adding a complimentary “earthy” flavour and contrasting crispy texture. Using this method the scallops should be cooked on the potato scale side only.

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## Table Talk

1. Clearwater Sea Scallops come in three main grades each with a unique flavour and texture
2. Freezing the scallops on-board maintains a high yield, minimal moisture loss
3. Thaw overnight, drain and keep on kitchen towel in sealed, clean container
4. Coating scallops protects the delicate flesh from direct high heat and effectively “steams” in their coating “jacket”.
5. Potato Scales are best suited to the U10 providing a complimentary “earthy” flavour note and contrasting crispy texture.
6. Clearwater Sea Scallops should be brought to room temperature before searing
7. They should be carefully placed over high heat for a minimal amount of time to caramelise the surface
8. Searing is a technique which requires careful handling to avoid “splitting” the protein
9. The raw Clearwater Scallop has a unparalleled texture and is suited to a range of Eastern and Western preparations
10. Butter poaching is a gentle cooking method ideally suited to Clearwater Scallops as it preserves the delicate texture whilst enhancing the natural richness of the scallops
11. Nut Brown Butter is a classic French preparation referred to as Beurre Noisette which delivers a flavour especially suited to Clearwater Scallops

## Location Map

