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# Scallop Cakes

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Source: Adaptation of a traditional Recipe



Preparation Time: 1 hour 30 minutes

Start to Finish Time: 1 hour 45 minutes

Serving Ideas: Serve with a fresh green lettuce and tomato salad.

Categories: Main Dish - Seafood

Ratings: Moderate - 2

Yield: 9 Cakes

Cooking Time: 45 minutes

*An adaptation of the Maryland Crabcake traditional recipe.*

## - Ingredients

1 lg Egg

3 T Mayonnaise

2 t Dijon mustard

1 T Worcestershire sauce

1 T Old Bay Seafood seasoning

1/4 t Sea Salt

1/4 c Celery, diced

2 T Flat-leaf Parsley, finely chopped

1 lb Bay Scallops, rinsed and pat dry

1 c Bread Crumbs or Panko

Canola Oil

## - Directions

Rinse the scallops and pat dry. You can either use them like this in the mixture, or braise them lightly until golden brown. Chop the scallops into semi-medium size - not fine; not large.

Line a baking sheet with aluminum foil.

Combine the egg, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley in a large bowl and mix well. Add chopped scallops, bread crumbs or panko; gently fold mixture together until just combined. (You may have to add a little more bread crumbs or panko depending on how "loose" the mixture is. You want to be able to make cakes that stay together.) Shape into 9 cakes (about 1/2 cup each) and place on prepared baking sheet. Cover and refrigerate for at least 1 hour.

Preheat a large nonstick pan to medium heat and coat with canola oil. When oil is hot, place scallop cakes in pan and cook until golden brown, about 3-5 minutes per side. Be careful as oil may splatter. Serve immediately with tartar sauce or a squeeze of lemon.

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Suggested Wine: 2009 Sawtooth Winery Pitite Sirah