

# Cheesy Scallop Bake



**Plan Z Phase:** This is a Z3.5 (ZReboot 3.5) recipe. This dish is similar to the fancy French dish called Coquille St. Jacques but it's much easier to make. Simple ingredients, a little sautéing and then pop it under the broiler. With a salad and side veggie this is fancy enough to serve to company.

**Servings:** Serves 3 – 4 (depending on serving size). Can be doubled and served from a 9" x 13" casserole dish.

## Ingredients:

- 1 pound of bay scallops
- $\frac{1}{2}$  pound of sliced mushrooms (you can use fancy or plain)
- $\frac{1}{2}$  cup of minced shallots or sweet onion
- $\frac{1}{3}$  cup of Panko breadcrumbs. Panko crumbs will give you a crunchier topping than regular bread crumbs.
- 5 Tbl of melted butter
- 1 cup of shredded Gruyere cheese
- $\frac{1}{3}$  cup of mayonnaise
- 4 ounces of softened cream cheese
- $\frac{1}{4}$  cup of dry, white wine
- $\frac{1}{4}$  tsp of garlic powder
- 3 Tbl of minced, fresh Italian parsley

## **Instructions:**

In a small bowl, mix the bread crumbs with 1 Tbl of the melted butter. Set aside.

In another small bowl combine the cheese, mayo, cream cheese, white wine and garlic powder. Just mush it around until it's mixed up. Set aside.

In a large saute pan, saute the scallops in 2 Tbl of the melted butter just until they are cooked. This will only take a few minutes on medium high. Scallops are done when they are no longer opaque. You can decide how well done you like your scallops. My husband likes his cooked a bit more but you don't want little rubber blobs either.

The scallops are going to give off a lot of liquid. When they are done tilt the pan over your sink and try to get a bit of the liquid to drain out. Then set the scallops on a platter covered with paper towels. The paper towel will absorb the rest of the liquid.

Using the same saute pan put in two more Tbl of melted butter and saute your mushrooms and shallots. You just want to get them cooked but you don't need to go so far as to brown them. This will also take just about 3 minutes on medium high.

Preheat your broiler.

Now you're going to assemble. The saute pan already has the mushrooms and shallots in it. Add the cheese mixture and the scallops. Heat on medium until the mixture is hot and gooey. Transfer it to an 8" x 11" (or 9 x 9") oven-proof dish. Gently spread on the bread crumb mixture. Place on the oven shelf about 6" below the broiling element and broil until the coating begins to brown. Keep an eye on it. This won't take long.

Enjoy!

Cheers,