

# Quick Coquilles St. Jacques (Scallops in a Creamy Mushroom-Parmesan Sauce)



**Plan Z Phase:** This is a Z3 (ZReboot) recipe. I had my first Coquille St. Jacques in a restaurant in Chicago when I was 20 years old. I remember that day like it was yesterday. I had never had scallops and was a bit timid. I took my first bite and swooned. I gazed out the window of the restaurant and just let the cream sauce settle in my mouth like a fine red wine. Then I swallowed.

This was the first occasion when I asked the waiter if I might step into the kitchen and lick the pan it was cooked in. I was kidding, of course, but it was an appetizer course I shall never forget.

**Serves:** Serves 2 as an entrée or smaller portions can be served as an appetizer.

## **Ingredients:**

- 1 Tbl of butter
- 1 shallot minced

- 1 tsp of minced garlic
- 8 oz of mushrooms, sliced
- 8 to 12 oz of scallops, rinsed and drained. If you use bay scallops you leave them alone. If you use sea scallops cut each one into 3 or 4 pieces.
- 1 cup of heavy cream
- 1 tsp of lemon juice
- 1/3 cup of grated parmesan cheese
- 1 tsp of minced parsley
- 1 tsp of minced thyme (for either of these you can use dry herbs. Just lessen the amount)
- salt and pepper to taste

### **Instructions:**

Begin by preheating your broiler.

Put the butter in a large sauté pan. I use a cast iron pan so I can just transfer it into the oven when I need to broil it later. Add the shallot and minced garlic. Heat until beginning to bubble. Add the mushrooms and cook them until just before they begin to brown. Then add the scallops and continue to cook on medium high until the scallops are no longer translucent.

Add the cream and lemon juice.

Cook on medium high until the sauce thickens. This should not take more than about five minutes. The cream will be bubbling.

While this is going on, in a small bowl, add the parmesan cheese, the herbs and a good grind of salt and pepper. Stir.

When the sauce on the scallops is nice and creamy take it off the heat. Pour the parmesan cheese mixture all over the top. Put the pan in the oven under your broiler and cook it until the parmesan is browning and the edges you'll see the cream bubbling along.

*IMPORTANT: If you don't use a cast iron pan you will need to use a pan that can handle the heat of the broiler. Transfer your scallop mixture before you put on the grated cheese mixture and then proceed.*

When the broiling is complete carefully remove the pan from the heat and set it on a safe surface. Let it cool down for a few minutes before serving. If you serve it too soon you may burn your mouth so give it a rest first.

Enjoy!

Cheers,