

# SCALLOP MEDALLIONS

ITEM #80252 - PACK SIZE - 10-20 COUNT/LB  
2 LB BAG | \$40.00 CASE

## What is a Scallop Medallion:

The Scallop Medallions are made from whole Patagonian scallops bound together with a fish gelatin, giving you a larger scallop. They are crafted with the simple ingredients of scallops (*zygochlamys patagonica*) fish gelatin (cod, haddock, pollock), and salt.

## Cooking Instructions:

### **Stove Top/Frying Pan - From Thawed**

Heat a heavy bottomed pan on Med/High

Pat dry scallop medallions with paper towel

Season with salt, pepper, and cooking oil

Add a small amount of oil to the pan and add the seasoned medallions

Turn occasionally to cook evenly and prevent burning

Scallop medallions are done when cooked to a minimum internal temperature of 145F (Do not eat raw)

Cook time is approximately 8-10 minutes (appliances vary, these are guidelines only)

Serve immediately

### **Air Fryer Method - From Thawed**

Heat Air fryer to 200C/400F

Pat dry scallop medallions with paper towel

Season with salt, pepper, and cooking oil

Place scallop medallions in Air Fryer for 8-10 minutes

Turn medallions halfway through cooking to promote even cooking/browning

Scallop medallions are done when cooked to a minimum internal temperature of 145F (Do not eat raw)

Cook time is approximate (appliances vary, these are guidelines only)

Serve immediately