



**SANTA MONICA**  
**SEAFOOD**  
Family Owned Since 1939

# Atlantic Sea Scallops

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Scallops are one of the most commonly consumed and fished bivalve mollusks. The U.S. Atlantic Sea Scallop fishery is one of the most valuable fisheries in the U.S. and the most valuable wild scallop fishery in the world. North Atlantic Sea Scallops (*Placopecten magellanicus*) are found from northern Canada to North Carolina, with a majority of the harvest coming from Massachusetts and New Jersey.

The part of the scallop that is most commonly consumed is the large adductor muscle which holds its two shells together. The *anatomy of Scallops* is quite interesting, with the adductor muscle and up to a hundred bright blue eyes. The National Marine Fisheries Service states that overfishing is not occurring. There is currently no commercial aquaculture of North Atlantic Sea Scallops, although there is significant aquaculture production of other scallop species in other parts of the world. North Atlantic Scallop populations have increased greatly over the last ten years due to better fisheries management and reductions in quotas.

The US Atlantic Sea Scallop fishery, FBSA Canada Full Bay Sea Scallop fishery and the Eastern Canada Offshore Scallop fishery are certified sustainable against the standards of the Marine Stewardship Council (MSC). All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood Watch®'s requirements for a "Good Alternative."

## Sources

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### *Species Name*

*Placopecten magellanicus*



### *Source*

Scallops are found wild from Virginia to northern Canada. Scallops form in dense aggregations called "beds" on the ocean floor at depths between 60 and 360 feet.



### *Seasonality*

Fresh and frozen Sea Scallops are available year round.



### *Fishing Method*

Wild Capture North Atlantic Sea Scallops are usually dredged or raked from the ocean floor using bottom dredge trawlers.

## Features

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### *Flavor*

A sweet, mild to rich taste and firm texture.



### *Dietary Information*

North Atlantic Sea Scallops are a very good source of vitamin B12, omega-3 fatty acids, magnesium and potassium.

Per 3.5 oz serving:

Calories 87

Fat 0.76g

Total Saturated Fatty Acids 0.079g

Cholesterol 33mg

Selenium 22.2mcg

Sodium 161 mg

Protein 16.78g



### *Appearance*

Raw Scallops are translucent ivory and elastic. Cooked meat is opaque white and firm.



### *Form*

The majority of product is shucked; the adductor muscle is the edible portion. However, in some markets product is available live in the shell. When sometimes served whole, the entire scallop is eaten much like a clam.

## Uses

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### *Preparation*

Scallops cook quickly (in just minutes), so be careful you do not overcook, as they get tough. Microwave cooking is not recommended. Great baked, broiled, fried, grilled, poached, sautéed, and smoked.



### *Substitution*

Scallops from other waters and Farmed Scallops may be substituted.



### *Handling*

Scallops do not hold their shells closed very well. So once they are out of the water, they quickly lose moisture and die. Therefore, they are most often shucked on board the fishing vessel, promptly refrigerated and returned to port in the shucked meat form.

## Market

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### *Sizes and Cuts*

Fresh North Atlantic Scallops are most often packed and shipped in 8 pound gallon containers and graded by the count, the average number of scallops per pound.

Common Packs: U-10, 10-20, 20-30, 30-40 count per pound.

Frozen North Atlantic Sea Scallops are packed and processed both IQF and block and also graded by count per pound.

Common Frozen Block Packs: 10/5#, 6/5#, 2/5#

Common Frozen IQF Packs: 6/5#, 4/5#, 2/5#



### *Pricing Scale*

North Atlantic Sea Scallops are a highly regarded food with worldwide demand. Most Scallops are sold at auction which can result in significant price fluctuations. Prices will tend to be highest during late fall and winter and decrease as landings increase in late spring thru the summer.

Frozen North Atlantic Sea Scallops will tend to have less fluctuation in price.

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing.



### *Shelf Life*

Fresh North Atlantic Sea Scallops which have been handled and stored properly should retain optimum quality for 4-5 days.

Frozen can be commercially stored for six months to one year.

<b>Market Names</b>
Sea Scallops
<b>Where Caught</b>
North Atlantic from Virginia to Northern Canada
<b>How Caught</b>
Bottom Dredge Trawlers

