

Coquilles St. Jacques A La Parisienne

Servings: 6

Ingredients

- 1 cup White Wine
- ½ teaspoon salt
- pinch Pepper
- ½ Bay Leaf
- 2 tablespoons Shallots, Minced
- 1 lb. Scallops, Washed
- ½ lb. Mushrooms, Sliced
- 3 tablespoons Butter
- 4 tablespoons Flour
- ¾ cups Milk
- 2 Egg Yolks
- ½ cup Heavy Cream, More If Needed
- Salt And Pepper
- Lemon Juice Drops
- 6 Scallop Shells or Porcelain Cups
- 1 tablespoon Butter
- 6 tablespoons Gruyere Cheese, Grated
- 1½ tablespoons Butter, In 6 Pieces

Method

Simmer wine and flavorings for 5 minutes in a 2-quart sauce pan.

Add scallops and mushrooms to the wine and pour in enough water to barely cover the ingredients. Bring to the simmer. Cover and simmer slowly for 5 minutes. Remove scallops and mushrooms with a slotted spoon and set aside in a bowl. Rapidly boil down the cooking liquid until it has reduced to 1 cup.

Make Sauce Parisienne: cook butter and flour together slowly for 2 minutes. Off heat blend in boiling cooking liquid, then the milk. Boil 1 minute. Blend egg yolks and cream in a bowl, then beat the hot sauce into them by driblets. Return the sauce to the pan and simmer, stirring for 1 minute. Thin out with more cream if necessary. Season to taste with salt, pepper, and lemon juice. Strain.

Final Assembly: Cut the scallops into crosswise pieces about ⅛ inch thick. Blend two thirds of the sauce with the scallops and mushrooms. Butter the shells/ramekins. Spoon the scallops and mushrooms into them, and cover with the rest of the sauce. Sprinkle with cheese and dot with the butter. Arrange the shells on a broiling pan. Set aside or refrigerate until ready to gratine.

15 minutes before serving, set scallops 8 or 9 inches under a moderately hot broiler to heat through gradually, and to brown the top of the sauce. Serve as soon as possible.

Notes

Scallops and mushrooms in white wine sauce.