

### **Coquilles Saint-Jacques (Scallops)**

2 lbs. scallops  
3/4 cup melted butter  
2 cups cream sauce (see below)  
6 egg yolks  
1/2 cup lemon juice

1 tablespoon chopped shallots or scallions  
3/4 cups sliced mushrooms  
3/4 cups white wine  
3/4 cup heavy cream  
1/2 cup grated Parmesan cheese  
minced fresh parsley

Saute scallops in 1/3 cup of the butter for 1 minute. Stir in lemon juice. Drain scallops, reserving liquid. (If sea scallops are used, cut each one into thirds.) Arrange scallops in 8 buttered coquilles or individual casseroles for main-dish servings. To serve as a first course, use 12 5-inch coquilles. Saute shallots and mushrooms in remaining butter. Add reserved liquid from scallops and the wine; simmer until reduced to one third. Set aside. Prepare cream sauce, then blend in mushrooms and wine mixture. In a 2-quart bowl, beat egg yolks with cream. Stir in cream sauce mixture, a little at a time. Then put entire mixture back into saucepan and cook, stirring constantly, for about 2 minutes, until slightly thickened. Pour sauce over scallops; sprinkle each coquille with some of the cheese. Broil 6 to 8 inches from the heat source until lightly browned. Sprinkled with parsley, and serve with toast triangles if desired. Makes 8 main dish servings, or 12 appetizer servings.

### **Sauce Béchamel (Cream Sauce)**

Melt 4 tablespoons butter in a saucepan. The instant it is melted, remove pan from heat and sprinkle in, spoon by spoon, 4 tablespoons of flour; stir while adding and continue to stir until well blended. Slowly add 2 cups of room-temperature mil., stirring constantly. The sauce will become smooth and faintly yellow. Return the pan to the heat and stir some more. As sauce starts to bubble, add just a touch of salt and white pepper. Continue cooking over low heat until sauce thickens. Makes about 2 cups.

To make richer sauce, separate 1 egg; use the white for something else. Add 2 T milk or cream to the yolk and beat with a whisk until blended. Then add a ladle of the hot sauce and continue whisking for a minute until the egg is blended. Turn into the rest of the sauce and heat, still over low heat and stirring all the time, till sauce is hot and thick. Makes about 2 cups.