



...from our kitchen to yours

Wheatena Scallops

1 cup **Wheatena**
2 1/2 cups Water
3/4 tsp. Salt
3 Large eggs
3/8 tsp. Freshly ground black pepper
Caul
Rish Fish Stock
Olive oil for frying

Mince cooked scallops very fine. In a non-stick sauce pan, combine **Wheatena**, water and salt. Bring to a boil. Reduce heat to medium low and cook until very thick, stirring to prevent burning (about 5-6 minutes). When it starts sticking to bottom immediately remove from heat. Cool. Combine wheat mixture, scallops, eggs and pepper thoroughly. Wrap a heaping tablespoon in a piece of caul. Repeat until all of mixture is used. Heat olive oil in a frying pan. Lay croquettes in pan with the fat seam side down. Brown and turn. Drain on absorbent paper or cloth.

Makes 36 croquettes.

