

# Tasmanian Seafood Scallops.

*Swick*

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

## Chef's Notes

The scallops can be cooked with the roe on or removed depending on preference. The roe has a strong flavour and I usually like to leave it on but you may remove it if you don't like it..

Like all of my recipes these are GLUTEN FREE.

## Step 1: Preparing the seafood

- 10 x fresh Tasmanian scallops on their half shells. Remove the scallops from their shells. Carefully remove the muscle from the scallops as this is tough and unpalatable.
- 200 grams fresh or canned crab claw meat. Shell and devein the prawns then chop them roughly into smaller pieces 5-10 mm in size.
- 10 cooked king prawns shelled and deveined. Chop up the crab meat the same as the prawns. Combine the prawn and crab meat in a dish and set aside.

## Step 2: Making the sauce

- 100g shredded tasty or vintage cheddar cheese. Thoroughly mix the cream and the cheese spread together. I use Kraft brand cream cheese spread but you can use whatever rich cheesy spread you have available.
- 100ml thickened cream.
- 4 tablespoons cream cheese spread. Finely chop the shredded cheese and combine it as well. Add the pepper and stir in.
- Pinch of white pepper. Add the seafood except the scallops and mix well.

## Step 3: Finishing the dish

- 100g shredded cheddar cheese or grated Parmesan cheese. Place the scallops back into their shells. Spoon the seafood/sauce mix over the scallops until the shells are almost full.
- Pinch ground hot paprika. Sprinkle the shredded cheese over the top of the mixture. Sprinkle a little hot paprika over the top of the cheese. Cook under the grill on medium for about 8-10 minutes. Serve while still hot.