



Spicy Maple Digby Scallops

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 2 - 4 people

Ready in: 30 minutes

Fresh Seafood



2 lbs Digby scallops

Ingredients

¼ cup maple syrup
1 tsp lemon juice
2 tbsp prepared mustard
1 tsp Tabasco sauce

Instructions

1. Preheat broiler or grill. Arrange scallops in a broiler pan or in slotted grill pan. Combine syrup, mustard, lemon juice and Tabasco sauce, Brush the tops of scallops with about half of the mixture and broil or grill for approx. four minutes or until they begin to brown.
2. Turn each scallop and brush with the remaining syrup mixture. Return to broiler or grill and cook for another four minutes. Great with a Gewurztraminer wine.