

SOUNDSIDE LEARNING THIS WEEK ON CORE SOUND

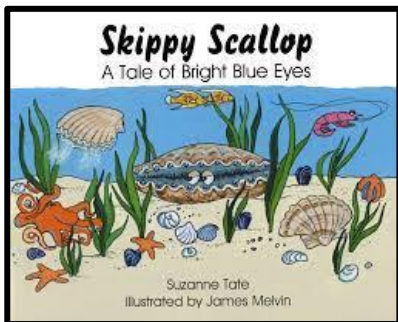


February 20, 2023

JOIN US!

- **February 22:** *Soundside Science & Story Time* for ages 3-5, 10 AM
- **February 23:** *Parlor Talk @ 806, 2 PM:* Heber Guthrie, "Cape Lookout Lighthouse"
- **February 24:** *Taste of Core Sound*
- **April 1:** *7th Annual Core Sound Run @ 9 AM*

Sound Reading Material For You



Skippy Scallop: A Tale of Bright Blue Eyes By Suzanne Tate

One of the most interesting characteristics of the bay scallop is its tiny blue eyes, up to fifty of them, along the inside of its shell. These eyes not only allow the scallop to see, but they also warn the scallop of movement and predators. Enjoy this tale of one of our favorite local inhabitants and how it survives in our saline waters.

Pages: 28
Grades: PreK-2

The Bays are Back in Town



ROY COOPER
Governor

ELIZABETH S. BISER
Secretary

KATHY B. RAWLS
Director

SF-3-2023

PROCLAMATION

RE: BAY SCALLOP HAND HARVEST RESTRICTIONS FROM PUBLIC BOTTOM

This proclamation opens the season to the commercial and recreational harvest of bay scallops by hand methods from public bottom in Core Sound only from 7:30 A.M. Monday, January 30, 2023 through 4:00 P.M. Friday, March 31, 2023.

Kathy B. Rawls, Director, Division of Marine Fisheries, hereby announces that the commercial and recreational harvest of bay scallops **WILL OPEN** effective 7:30 A.M. Monday, January 30, 2023 and **WILL CLOSE** effective 4:00 P.M. Friday, March 31, 2023 and the following restrictions will apply:

My nephew called bay scallops "sea candy" when he was a toddler. He tugged on my father's hand begging him to walk to the shore to find some. Daddy amazed him as they walked through shallow waters and, in just a few moments, picked up a corrugated shell containing some of the sweetest meat ever tasted. Dad has always made opening a scallop look easy, but it is not for the faint of heart. Here are some tips on how to shuck bay scallops during this newly opened season:

1. Bay scallops will have a light and dark shell. Locate the dark shell.
2. Hold the shell in your hand with the dark shell facing upwards.
3. Insert your blunt knife between the upper and bottom shells; pry open.
4. Locate the white, cylindrical muscle that is holding the two shells together. Detach the portion of this muscle from the top shell. This should allow you to open the scallop easily. Place this top shell into a discard bucket.
5. While holding the bottom shell, use your utensil to pull the remaining organs away from the white muscle. Place these soft tissues into a discard bucket.
6. Use your utensil to detach the white muscle from the bottom shell. Place the white meat into a tight-sealing food container.
7. Place empty bottom shell into a discard bucket.



photo from www.coastareview.org

Know Your Scallops

There are many kinds of scallops, but this tasty bivalve is classified into just two broad groups: bay scallops and sea scallops. What's the difference? At first sight you'll notice that size really sets these two varieties of scallops apart. Bay scallops are relatively small, while sea scallops can be up to three times larger.

As their name indicates, bay scallops are typically found in the shallow waters of bays and estuaries along our coast, with a peak season during the fall. While their shell size can be up to three inches in diameter, the adductor muscle (the edible portion) is much smaller — on average just about a half-inch wide. After shucking, you can expect to have about 100 bay scallops per pound.

Bay scallops have a milky, light beige color with a delicate, tender texture, and a sweet taste. Since they are a bit sweeter and more delicate than sea scallops, they cook quicker and are good for broiling, poaching, frying, and sautés.

As you might guess from their name, sea scallops are harvested from deep, cold sea waters year-round. Sea scallops are traditionally harvested by trawling boats, using chains and nets, although they can also be hand-harvested. The latter, sometimes referred to as "diver scallops," require a more labor-intensive process; these scallops are less likely to be damaged and come with a higher price tag. After shucking sea scallops, you can expect to get 20 to 30 scallops per pound.

Sea scallops are up to three times larger in size than bay scallops, with some reaching up to two inches in diameter. They have a texture that is chewier and not quite as tender as bay scallops. Even so, the meat is still quite enjoyable, and has a sweet flavor. These scallops need a relatively short cooking time to keep their delicate texture, but have a few more cooking options, like being seared, sauteed or grilled, because they will hold together better than bays.

Scallop fritters are a favorite way to eat *both* bay and sea scallops locally. Here is a delicious fritter recipe from Jan Gillikin's kitchen printed in *Island Born and Bred*.

Scallop Fritters

2 cups chopped scallops
¾ cup self-rising flour
Salt and pepper to taste
1/3 cup water

Mix ingredients. Using 2 tablespoons of mixture for each fritter, fry in hot oil. Yields 14-16 fritters.

Note: Mix should be the consistency of thick pancake batter mix.

