

Coquilles Saint-Jacques (low-cal from James Beard) Without the rich cream sauce, this is still very tasty and accentuates the scallops.

1 cup dry white wine
5 Tbls unsalted butter or margarine
1 small onion, chopped
3 sprigs parsley with stems
1/2 tsp thyme
1 bay leaf
1 Tbls fresh lemon juice, strained

1 1/2 lbs. sea scallops
1 tsp cornstarch mixed with 3 Tbls grated Parmesan cheese

Bring the wine, onion, herbs, and lemon juice to a boil. Reduce the heat, add the scallops, and simmer them until tender—about 5 minutes. Remove the scallops with a slotted spoon and set aside. Boil the liquid for about 5 minutes, reduce to a simmer, add the cornstarch-water mixture, and stir this sauce until it thickens. Remove from the heat and strain. Place the scallops in oven proof shells or a baking dish. Top with sauce, sprinkle with cheese, and run under the broiler until nicely browned.