

## Coquille St. Jacques: A Recipe For People on a Regular Renal Diet

*½ lb. Raw Scallops*  
*1 tbs. Margarine*  
*2 Green Onions, Chopped*  
*½ tsp. Parsley*  
*1 Stalk Celery*  
*1/8 tsp. Thyme*  
*1 Bay Leaf*  
*½ Cup White Wine (do not use cooking wine)*  
*1 tbs. Margarine*  
*½ Cup Fresh Sliced Mushrooms*  
*2 tbs. Water*  
*1 tbs. Lemon Juice*  
*1/8 tsp. Pepper*  
*1-1/2 tbs. Flour*  
*1-1/2 tbs. Margarine*  
*1 Egg Yolk*  
*1/3 Cup Heavy Cream*  
*2 tbs. Parmesan Cheese*  
*2 tbs. Bread Crumbs*

Dry scallops on paper towels. Place them in a saucepan with one tbs. margarine, green onions, a *boquet garni* (cheesecloth bag) of parsley, celery, thyme, and bay leaf. Barely cover with wine. Bring to a boil and very gently simmer for 4-5 minutes or until scallops are just tender. Drain and save the broth. Discard *boquet garni*.

If the scallops are large, cut them into smaller pieces and set aside. Melt one tbs. margarine in the saucepan. Saute the mushrooms for one minute in it. Add water, lemon juice, and pepper. Simmer mushrooms gently in it for a few minutes, then drain, combining the mushroom liquid with the reserved liquid from the scallops. Knead the flour with 1-1/2 tbs. margarine, working them together into small balls the size of peas.

Heat the reserved liquid from the scallops and mushrooms, and gradually stir in the flour-margarine balls one at a time. Cook and stir until the sauce is thickened and smooth, then cook for 2-3 minutes more. Add scallops and heat through. Beat the egg yolk with the cream. Add the cream mixture to

the sauce and cook gently, stirring until the sauce is very thick and smooth. Do not boil. Add the mushrooms. Spoon the mixture into shells or individual dishes. Sprinkle with parmesan cheese and crumbs. Brown lightly under the broiler and serve. Makes three servings.

One serving equals two oz. of meat, two vegetables, and two salted fats. Each serving contains 303 cal., 16.5 g of protein, 20 g of fat, 14 g carb., 452 mg of sodium, and 525 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal Diets*, by the Cleveland Clinic Foundation's Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with the kind permission of Jim Senay, Patient Support Services ([www.patientsupport.net](http://www.patientsupport.net)). Always check with your healthcare team to know which foods are best for you.