

Wet vs Dry Scallops

Scallops are sold 'Wet' and 'Dry'. We don't always know this because its not that obvious.

Knowing the difference between 'wet' and 'dry' scallops can be enlightening.

Not to mention the health and cost factors.

Here's the skinny on what I'm talking about:

'Wet' scallops are treated with 'STP'; a solution called, sodium tripolyphosphate.

Yes, its a chemical.

And while your scallops are sitting comfortably in the solution, they are far from being fresh. The 'solution' holds them for days after they are caught.

The other factor? You'll pay more.

STP adds water weight (moisture) to your scallops.

To add more to this great selling technique- a Wet scallop won't brown like a Dry scallop; they shrink in the pan and they are almost tasteless.

Probably not the news you wanted to hear, but its the information you need to know.

One of the key ways to tell the difference is by their color; Dry scallops generally have a natural vanilla color, while Wet scallops appear to be a snow-white color.

'W' scallops are treated with 'STP'; a solution called, sodium tripolyphosphate.

3.5 grams of steamed scallops have plenty of vitamin B-12, are very low in fat and about 17 grams of protein.



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Scallops

sodium tripolyphosphate

cooking scallops

wet and dry scallops

Seafood Nutrition Partnership

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Bay of Fundy

Source URL: <http://www.michaelannrowe.com/blog/wet-vs-dry-scallops>