

SCALLOPS WITH ASPARAGUS EN PAPILOTE

INGREDIENTS:

1 lb. fresh Asparagus, cut into 3 to 4 inch pieces
1 medium Red Bell Pepper, cut into ¼ inch strips
1 ½ pound fresh or frozen Bay Scallops (thawed) or cut larger ones in half
2 T. Butter
2 T. Flour
¼ tsp. Salt
1/8 tsp. Pepper
½ cup Milk
2 T. White Wine
2 T. Grated Parmesan Cheese

DIRECTIONS:

1. Have parchment paper ready.
2. Heat oven to 425° F.
3. Place asparagus and red pepper in steamer over boiling water.
4. Reduce heat. Steam covered 4 to 5 minutes or until crisp tender.
5. Arrange asparagus and red pepper on left half of parchment.
6. Rinse scallops and drain on paper towels. Place over vegetables.
7. Melt butter. Stir in flour, salt, and pepper and cook until bubbly.
8. Gradually add milk and wine.
9. Cook until mixture boils and thickens, stirring constantly.
10. Spoon over scallops. Sprinkle with cheese.
11. Bring right side of paper over and seal with tight double folds.
12. Place on cookie sheet.
13. Bake at 425° F. for 10 minutes.
14. Let stand 5 minutes.
15. Place on serving plate. Cut X slit on top.