



Lean  
On Me

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**Sysco**<sup>™</sup>  
Sysco Northern New England



*Butternut Squash, Potato and Apple Hash*  
*Baby Spinach Sauté*

Entrée Cost: \$4.54  
Min. Selling Price: \$13.99  
**Profit: \$9.45**

# Prosciutto Wrapped Scallops

Recipe on back

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## COST BREAKDOWN

### Wait staff description:

Our featured entrée this evening are jumbo sea scallops wrapped with Prosciutto, pan seared and served with a butternut squash, apple and potato hash over sautéed baby spinach with a blackberry balsamic sauce.

	PLATE/SERVING	TOTAL	%
PRICE:	\$13.99	\$13.99	
COST:	\$4.54	\$4.54	32.48
PROFIT:	\$9.45	\$9.45	67.52

## Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
7247721	SCALLOP PCS U 10	PACKER	1	6.00	OZ	\$0.42	\$2.51
2565653	HAM PROSCIUTTO COLOSEUM PRESLI	AREZZIO	2	1.50	EA	\$0.36	\$0.53
2037489	SPINACH BABY FRESH	PACKER	3	3.00	OZ	\$0.22	\$0.66
1570233	SQUASH BUTTERNUT PLD FRSH	PACKER	4	2.00	OZ	\$0.07	\$0.14
1513555	APPLE GRANNY SMITH FCY WASH FR	PACKER	5	0.25	EA	\$0.29	\$0.07
1846443	POTATO CHEF FRESH	PACKER	6	2.50	OZ	\$0.02	\$0.06
6350650	SAUCE BLACKBERRY BLSMIC	MINOR	7	2.00	OZ	\$0.27	\$0.53
4497301	OIL OLIVE XVRGN ITALIAN	SUPREMA	8	2.00	TB	\$0.01	\$0.03

## Directions

1. Portion scallops into 3 @ 2oz portions. Slice Prosciutto in half lengthwise and wrap each portion of scallops and secure with a toothpick.
2. Peel the potato and apple. Dice the apple, potato and butternut squash into 1/8th inch dice. Blanch the potato and squash, cool and reserve.
3. Add one tbs of the oil to a sauté pan and sear the scallops until caramelized, turn and place in a 350\* oven for 2 minutes.
4. Add one tbs. of oil to a pan and sauté the potato, squash and apple, season with salt and pepper and keep warm.
5. Add remaining oil to a pan and quickly sauté the spinach, season with salt and pepper and quickly sauté the spinach, season and reserve.
7. Place a two inch ring mold in the center of a warm plate; fill with the potato, butternut and apple hash. Arrange the spinach around the mold and remove the mold.
8. Place the scallops around the hash and garnish the plate with the balsamic blackberry sauce. Garnish with sliced apple and parsley if desired.

Serves 1  
for \$13.99

## Chef's Suggestions

This will make a great appetizer also, once all the prep is completed this is a profitable appetizer which can be quickly assembled.

For a different flavor, glaze the scallops with maple syrup SUPC# 1749332 and omit the blackberry balsamic sauce.