

north carolina's
brunswick islands

Oven Fried Sea Scallops

By: Karen Dombrowski, "Old Bridge Cookbook", [Old Bridge Historical Society](#)

Ingredients:

- 1 egg
- 2 tablespoons of oil
- 1 pound sea scallops
- 5 tablespoons seasoned breadcrumbs
- Paprika to taste

Directions:

1. Prep work: Fork blend the eggs and the oil, dry the scallops on a paper towel, and preheat oven to 450 degrees
2. Roll scallops in egg mixture
3. Roll scallops in breadcrumbs
4. Spray a non-stick baking pan with cooking spray and arrange scallops in single layer
5. Bake for 12 minutes without turning until crisp on the outside