



OYSTERS

DIETITIAN'S FRESH CATCH FOR DECEMBER



- Oysters are low in calories and fat. Six medium-sized raw oysters contain 43 calories, 1.4g of fat and 4.8g protein.
- Oysters are usually consumed from September to April.
- Oysters can be eaten on the half shell, raw, smoked, boiled, baked, fried, roasted, stewed, canned, pickled, steamed or broiled, or used in a variety of drinks.

Oysters are an excellent source of zinc, iron, calcium and selenium, as well as vitamin A and vitamin B12.

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INCLUDED IN THIS TOOL KIT:

- Quick Facts
- Demo Talking Points
- Intercom Messages
- Customer Handout
- Recipes

OYSTER QUICK FACTS:

- The word oyster is used as a common name for a number of different families of saltwater clams and bivalve mollusks that live in marine or brackish habitats.
- Some kinds of oysters are commonly consumed cooked or raw by humans as a delicacy. Some kinds of oysters are harvested for the pearl produced within the mantle. Others are harvested for their shells, which are used to make various kinds of decorative objects.
- Examples of edible oysters include the Belon oyster, eastern oyster, Olympia oyster, Pacific oyster and the Sydney rock oyster.
- Fresh oysters are usually consumed from September to April.
- Oysters are filter feeders, drawing water in over their gills through the beating of cilia. Oyster filtration can mitigate pollutants. Multiple studies have shown individual oysters are capable of filtering up to 50 gallons of water per day.
- Large oyster farming areas in the U.S. include the bays and estuaries along the coasts of Washington, the Gulf of Mexico, Florida and Galveston, Texas.

DEMO TALKING POINTS:

- Oysters are an excellent source of zinc, iron, calcium and selenium, as well as vitamin A and vitamin B12. Oysters are considered most nutritious when eaten raw.
- Oysters are low in calories. Six medium-sized raw oysters contain 43 calories, 1.4g of fat and 4.8g protein.
- Traditionally, oysters are considered to be an aphrodisiac. The bivalves of oysters are rich in amino acids that trigger increased levels of certain hormones. Their high zinc content also aids the production of testosterone.
- Unlike most shellfish, oysters can have a fairly long shelf life of up to four weeks. However, their taste becomes less pleasant as they age.
- Oysters must be eaten alive, or cooked alive. The shells of live oysters are normally tightly closed or snap shut when given a slight tap. If the shell is open, the oyster is dead, and cannot be eaten safely.
- Cooking oysters in the shell kills the oysters and causes them to open by themselves. Oysters that do not open are assumed to be dead before cooking and therefore unsafe.
- Oysters can be eaten on the half shell, raw, smoked, boiled, baked, fried, roasted, stewed, canned, pickled, steamed or broiled, or used in a variety of drinks.

INTERCOM MESSAGES:

- Do you love oysters, but are not sure how to serve them? Oysters are quite versatile, and can be baked, steamed or eaten on the half shell. Stop by the seafood department and pick up some recipes for oysters that will be sure to impress your guests this holiday season.
- Oysters, your dietitian's seafood pick of the month, are considered a delicacy, and are sure to impress at any cocktail or dinner party this holiday season. Oysters are not only delicious, but are low in calories and an excellent source of several vitamins and minerals. Don't forget to pick up some fresh oysters before you leave the store today.

PREPARING OYSTERS



STORING:

- Oysters can be stored in the refrigerator for up to two days, but should really be eaten as soon as possible after purchase. If you are eating the oysters raw, they should be consumed immediately after shucking (opening).
- Store the oysters on a large tray or plate, covered with a damp towel, in the refrigerator until you are ready to prepare them. They should not be immersed in water, as this will kill them. Be sure to clean the shells thoroughly with a vegetable scrubber and rinse well before you prepare them.

OPENING:

- Fresh oysters must be alive just before consumption or cooking. There is only one criterion: the oyster must be capable of tightly closing its shell. Open oysters should be tapped on the shell; a live oyster will close up and is safe to eat.
- Take an oyster and wrap it in a towel or cloth. Ensure that the flatter shell is facing upwards and that the hinge is pointing towards you. Grip the oyster/shucking knife firmly and insert into the small hole located in the hinge. If you don't have an oyster knife, use a short knife with a strong, blunt blade.
- Do not use a sharp kitchen knife. Twist the oyster knife until the shells snap apart. Then run the knife blade backwards and forwards along the upper shell in order to sever the muscle that holds the two shells together. Gently remove the top shell, taking care not to spill any of the liquid inside. It is a good idea to open the oysters over a bowl. Finally, remove the oyster from the shell and serve.

SERVING:

- Raw oysters are traditionally served in their shells with their juice on a bed of crushed ice. The classic accompaniments are cayenne pepper, a wedge of lemon to squeeze over the flesh and a thin slice of buttered brown bread.

COOKING:

- In general, most types of oyster are eaten raw and this is the most popular way of preparing them.
- When cooking with oysters, you should still work with live oysters and open them by steaming for a few seconds. The oyster should be removed from the shell as above and then used in the recipe as instructed.



COOKING OYSTERS



BAKING:

1. Clean and shuck a dozen oysters, and keep on the half shell
2. Heat oven to 400 degrees
3. Sauté a minced garlic clove and 1/2 cup breadcrumbs in 2 tablespoons of butter
4. Add a dash of cayenne pepper or hot pepper sauce
5. Spread onto oysters
6. Sprinkle with grated or shredded Romano cheese
7. Bake in casserole dish for 15 minutes

ROASTING:

1. Clean oysters.
2. Prepare the grill by heating to medium-high heat. Lay the oysters on the grill, flat-side-down.
3. Cook the oysters. Shut the lid of the grill and allow it to remain closed for 5 or 6 minutes until oysters open. Throw out any oysters that haven't opened after 5-10 minutes.
4. Remove oysters from grill. Serve with drawn butter, lemon, or as-is.

STEAMING:

1. Clean oysters
2. Pour one to two inches of water and 8 ounces beer into a steamer or saucepan with lid
3. Bring to a boil
4. Add oysters and cover
5. Steam until opened, around 10 minutes
6. Discard any unopened oysters
7. Serve with lemon and melted butter or hot sauce



OYSTER BRUSCHETTA

SERVES 6

ALL YOU NEED:

- 1 dozen oysters
- 2 teaspoons red wine vinegar
- sea salt and fresh ground pepper, to taste
- 4 green onions
- a small handful of basil leaves
- 2 tablespoons olive oil, plus additional for brushing
- 6 slices artisan bread
- Sriracha, to taste
- 2 limes, cut into wedges

ALL YOU DO:

1. Heat grill to medium-high heat.
2. Shuck oysters. Discard shells and set meat aside.
3. In a small bowl combine the vinegar with a pinch of salt and a few grinds of pepper. Coarsely chop the green onions and basil and add them to the vinegar. Add the oil and mix to combine. If you have some oyster juice from the oysters, add a splash or two to the sauce. Set the mixture aside.
4. Brush the slices of bread with oil and season them with a pinch of salt and a grind of pepper. Grill until toasted.
5. Lay the bread out on a tray and each slice with 2 oysters. Garnish them with the mixture, a couple of drops of sriracha, and squeeze a lime over the top.

Source: yummly.com



OYSTERS ROCKEFELLER

SERVES 6, 4 OYSTERS EACH

ALL YOU NEED:

- 24 small to medium oysters
- 10 cups gently packed baby spinach
- 1 cup gently packed flat-leaf parsley leaves
- 2 tablespoons butter
- 2 scallions, finely chopped
- 3 ounces Pernod or other licorice-flavored liqueur (about 6 tablespoons)
- 1 tablespoon lemon juice
- 1 teaspoon hot sauce
- 1/3 cup freshly grated Parmesan cheese

ALL YOU DO:

1. Shuck oysters, discarding the flat top shells. Pour the oyster meat and the liquid left in each bottom shell (the oyster "liquor") into a bowl. Then pour through a fine-mesh sieve, transfer the liquid and the oyster meat to separate containers and refrigerate until ready to cook. Rinse the deep bottom shells to remove any grit and set aside.
2. Bring a large pot of water to a boil. Add spinach and parsley and cook just until wilted, about 30 seconds. Drain and rinse thoroughly with cold water to stop the cooking and set the bright green color. Squeeze out excess water. Chop the greens very finely.
3. Melt butter in a large skillet over medium heat. Add the chopped greens and scallions and cook, stirring, until the scallions are soft and any liquid has evaporated, about 2 minutes. Add the strained oyster liquor, Pernod (or other licorice liqueur), lemon juice and hot sauce and cook, stirring, until the liquid is mostly absorbed, about 5 minutes. Remove from the heat.
4. Meanwhile, preheat oven to 450°F. Line a shallow baking pan or a baking sheet with about 1/2 inch of rock salt (or coarse salt) or loosely crumpled foil to make a base for the oyster shells.
5. Nestle each reserved shell in the prepared base so it will stay level. Place one oyster in each shell, evenly divide the green sauce among the oysters and sprinkle with Parmesan. Bake until the sauce is bubbly and the cheese is lightly browned, 8 to 12 minutes.

Source: eatingwell.com