

SHUCKED - HIGHLIGHTED SPREADS*

***NOT IN ORDER OF APPEARANCE**

LET'S SHUCK.

WHAT'S THE SHUCKING HYPE ABOUT?

Shucking is the process of opening up an oyster's shell. It is crucial to enjoying oysters raw or cooking with them in the kitchen. Oysters are alive when purchased fresh! Make sure the bag is open so they can breathe when transporting home! They should remain refrigerated or on ice until they are ready to be shucked. With practice, shucking oysters becomes a simple task that allows you to enjoy these delicacies fresh from the shell.

- 1 WASH YOUR OYSTERS** Thoroughly wash all oysters under ice-cold water. Be sure to remove any dirt or grime from the surface of each shell.

Set aside oysters as they're cleaned. Inspect each oyster and discard any that are already opened, cracked, or have a strong odor. Oysters should smell like the ocean, not have a pungent fishy smell.

- 2 INSERT SHUCKING KNIFE** Place the tip of your oyster knife in the hinge of the oyster. This is where the top and bottom shells meet. There is a small gap where the tip of the knife should fit comfortably. Gently wiggle your knife back and forth until you feel the tip of the knife is inserted.

- 3 TWIST & PRY** the knife 90 degrees until you feel the two shells separate, this should feel like a popping sensation. Remove your knife and clean the blade.

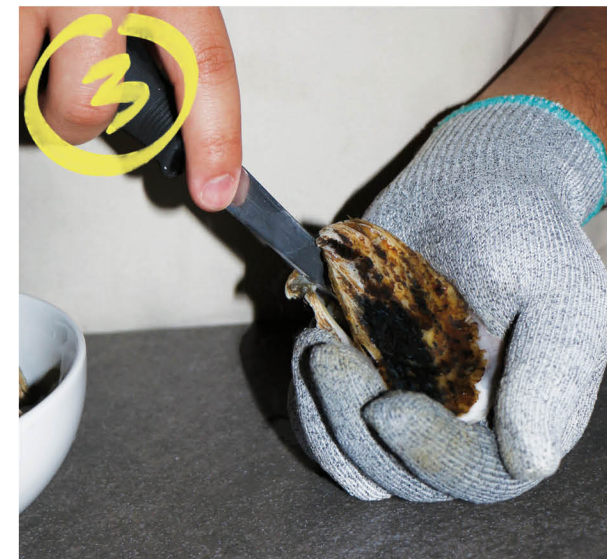
- 4 SEPERATE THE SHELLS** Reinsert your clean knife and drag it horizontally along the seam of the two shells to tear the tendon from the top shell and oyster meat. Discard the top shell and wipe the blade clean.

- 5 DETACH OYSTER FROM SHELL** Run your blade underneath the oyster to release it from the muscle attaching it to the bottom shell.

- 6 SERVE OR SAVE** Serve raw over ice on the half-shell or pour oysters and liquor (juice) into a bowl for later cooking use.

LET'S SHUCK, CAREFULLY

Shucking an oyster sometimes takes a lot more force than expected. This process is all about grip and leverage. Having a guarded glove or kitchen towel can prevent unwanted slippage. Be sure to use a glove or kitchen towel to also prevent you from jabbing yourself while shucking.



And I'm sure you're thinking...

WHY EAT OYSTERS IF THEY'RE HELPING THE ENVIRONMENT?

Although oysters are making a positive change to our environment, they are considered a sustainable food system since they are farmed year-round, have an existing (and growing) demand from consumers, and have positive impacts environmentally. With commercial oyster farms having farming cycles, they prevent the chance of overharvesting the existing oyster supply; a current problem that traditional industrial fisheries have yet to solve.

Oysters are not **the** solution to the environmental crisis, far from it. But oysters can be **a** solution on the individual level. By curating a more sustainable diet, consumers can do their part in supporting our surrounding environment. Not to mention they are packed with healthy nutrients, protein, vitamins, and antioxidants, and are super versatile in the kitchen!

EATING OYSTERS IS A WIN-WIN!

NOW, LETS COOK!

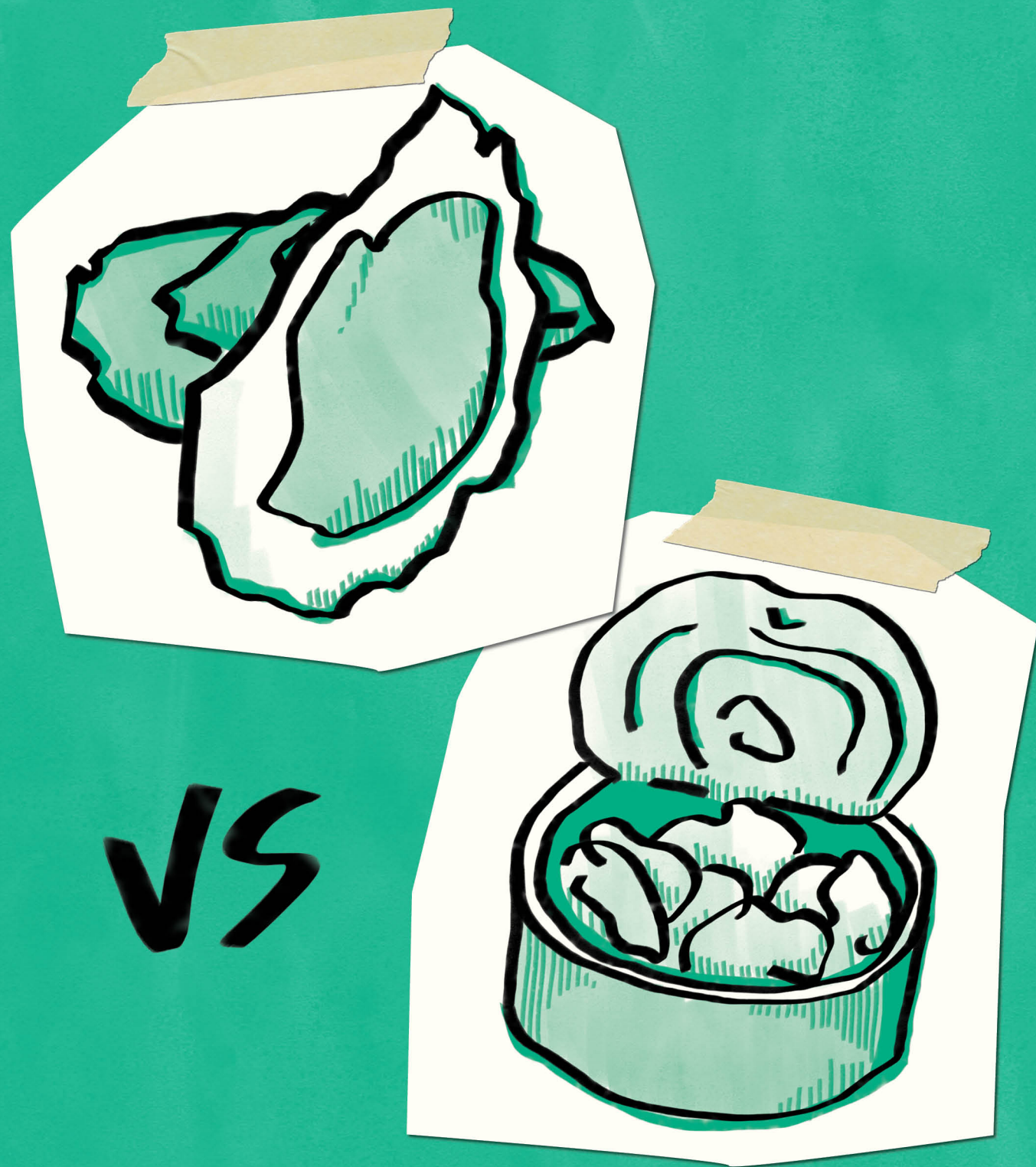
WOAH

WOAH

WOAH

HOLD YOUR HOYSTERS...

You **MUST** read the information on the following pages: it can really make or break your oyster experience!



FRESH *vs* CANNED*

Oysters come in a can? Yes! Similar to many other fish and shellfish, oysters come canned, jarred, and tinned. Getting oysters pre-shucked, canned, jarred, or tinned all share the benefit of convenience!

Read below on the difference between fresh and canned oysters, and how to use them!

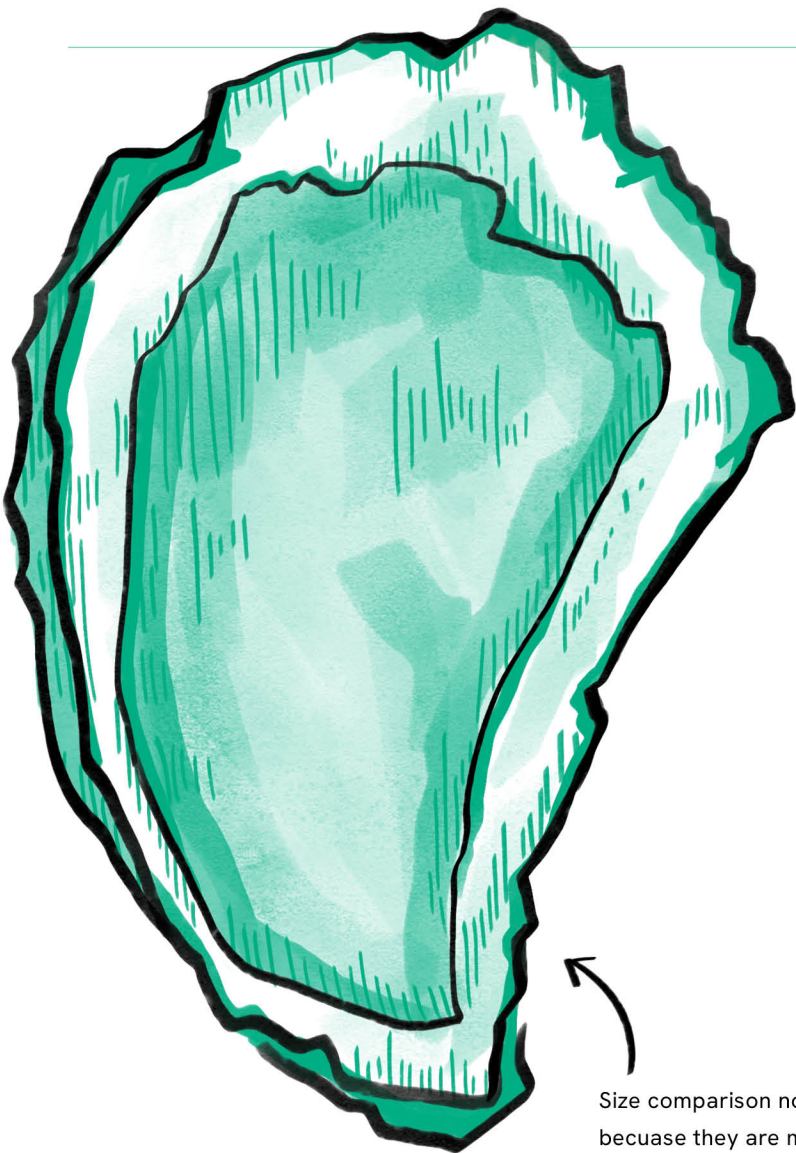
	FRESH	CANNED
	— Costly (~\$.50-\$3 /oyster)	— Inexpensive (~\$3 / 2-3 dozen)
	— Temperature Sensitive	— Preserved
	— Have to be Shucked	— Ready for Use (No Shucking!)
	— Larger in Size	— Smaller in Size
	— Keep their Fresh, Briny Taste	— Firmer Texture
	— Plumper Appearance	— Subtle Flavor
	— Can be Served with Half-Shell	

The seafood section at your grocery store may sell “pre-shucked” oysters in their refrigerator. These are exactly what they sound like, they are shucked for you, but they are not preserved like a jarred or canned process. These fall somewhere in the middle between the two categories. Many of the recipes can use either canned, or fresh oysters without compromising their flavor. Each recipe will list which oyster variety, whether fresh, canned, or both, can be used for a given dish.

* Throughout the book I’m going to be using “canned” as a term for all pre-shucked or preserved oysters. Whether that be in a can, jar, or tin, all these rules apply!

TYPES OF OYSTERS

Learn about the oysters of your region and how their unique flavor profiles can pair with your next dish. Different oysters work best in certain recipes based on their flavor, notes, and texture. Amongst all oyster types, there are oftentimes subvariants that change nuances in flavor. There are more types than the five listed here, **these are just the greatest hits.**



ATLANTIC

Nearly just as New England as I am, the Atlantic oysters are the variety that I grew up eating and are used throughout this book.

They are grown along the East Coast from Canada to Mexico with many different sub-variants: Wellfleet, Cotuit, and Raspberry Point, to name a few Northeast classics. These subvariants all have different nuances in flavor, yet they are all still classified as Atlantic.

- CLEAN, SLIGHTLY MINERAL
- VARYING DEGREES OF BRININESS
- CRISP TEXTURE

Size comparison not to scale, just bigger because they are my favorite...



KUMAMOTO

Kumamoto oysters are native to Japan, Korea, Taiwan, and southern China, however, they are commercially grown in the United States' Pacific Northwest.

- MILD, SWEET, SLIGHTLY NUTTY
- CREAMY, BUTTERY TEXTURE



EUROPEAN FLATS

European flat oysters are native to, you guessed it: Europe!

- GAMEY, MINERAL
- MEATY TEXTURE



PACIFIC

The Pacific oyster was native to Japan, however, it has been introduced to the American West Coast, and some of the Australian coastline.

- SWEET, MELON & VEGETAL NOTES
- VARYING DEGREES OF BRININESS
- CREAMY TEXTURE



OLYMPIA

The Olympia oyster is native to Washington State. It is the only natural, native, west coast oyster.

- SWEET W/ METALLIC FINISH
- SMALLEST OYSTER VARIETY



RECIPES
RECIPES
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ARE YOU A DARING INDIVIDUAL
THAT LIKES IT RAW?



LIKE IT RAW?

BE IN THE KNOW:

Many people enjoy eating raw oysters, but eating raw or undercooked shellfish puts you at risk for foodborne illnesses. Consult your doctor or medical professional before consuming raw shellfish to find if you are one of the groups at higher risk of illness.

Nearly all risks of eating raw shellfish can be prevented by cooking them! Although oysters are popular as a raw delicacy, there are many other ways to enjoy their diverse flavor profile if raw isn't for you!



OYSTERS ROCKEFELLER

A classic oyster appetizer. A blend of three cheeses, and a savory mixture of spinach, butter, herbs, and breadcrumbs joins the traditional creamy sauce to top plump oysters nestled in their shells. Baked or broiled until golden and bubbling, this dish is a comforting yet elegant appetizer that never fails to impress, perfect for a cozy night in or a casual gathering with friends.

MAKE SURE YOU HAVE:

- 48 oysters, fresh
 - 1 ½ cups beer
 - 2 cloves garlic
 - 7 black peppercorns
 - Seasoned salt to taste
 - ½ cup butter
 - 1 onion, chopped
 - 1 clove garlic, crushed
- 1 (10 oz) package spinach
 - 8 ounces Monterey Jack cheese, shredded
 - 8 ounces fontina cheese, shredded
 - 8 ounces mozzarella cheese, shredded
 - ½ cup milk
 - 2 teaspoons salt, or to taste
 - 1 teaspoon ground black pepper
 - 2 tablespoons fine bread crumbs

1 PREPARE THE OYSTERS Clean oysters with ice cold water, and place them in a large stockpot. Pour in beer and enough water to cover oysters; add 2 cloves of garlic, peppercorns, and seasoned salt. Bring to a boil. Remove from heat, drain, and cool.

Once oysters are cooled, break off and discard the top shell. Arrange oysters on a baking sheet.

2 PREHEAT THE OVEN to 425°F

3 MAKE THE SAUCE Melt butter in a saucepan over medium heat. Cook onion and garlic in butter until soft. Reduce heat to low; stir in spinach, Monterey Jack, fontina, and mozzarella. Cook until cheese melts, stirring frequently. Stir in milk; season with salt and pepper. Spoon sauce over each oyster, just filling the shell. Sprinkle with bread crumbs.

4 BAKE & SERVE THE OYSTERS in the preheated oven until golden and bubbly, approximately 8 to 10 minutes.

Serve on the half-shell with lemon wedges

FRIED RECIPES: OYSTERS THAT SIZZLE

FRIED

RAW OYSTERS **3** WAYS

The classic mingonette sauce, with its shallots, cracked black pepper, and tangy red wine vinegar, adds a brightness that perfectly complements the briny sweetness of the oysters. For those craving a bold and spicy kick, the bloody mary topping features a zesty mix of tomato juice, horseradish, and Worcestershire sauce creating a cocktail-inspired explosion of flavor. The ginger scallion topping offers a vibrant Asian-inspired twist. Whether enjoyed as an appetizer or the main event, these toppings elevate raw oysters, leaving a lasting impression.

MAKE SURE YOU HAVE:

FOR THE BLOODY MARY

- ¼ cup tomato juice
- 1 tablespoon Tabasco sauce
- 1 tablespoon horseradish
- 1 teaspoon dill, minced
- Celery, for garnish, thinly sliced

FOR THE MINGONETTE

- ¼ cup red vinegar
- 1 tablespoon shallot, diced
- ½ teaspoon ground pepper

FOR THE GINGER SCALLION

- ¼ cup rice vinegar
- 1 tablespoon scallion, minced
- 1 teaspoon ginger, grated
- ¼ teaspoon garlic, grated

1 LIKE IT SAVORY?
BLOODY MARY

Add all ingredients into serving container. Mince dill, save some sprigs for garnishing. Stir. Serve with cocktail spoon. Thinly slice some celery stalk for garnish.

2 LIKE IT TANGY?
MINGONETTE

Dice your shallot, transfer to serving container. Pour red vinegar over diced shallots, add ground pepper. Stir. Let mixture sit. Serve with cocktail spoon.

3 LIKE IT GARLICY?
GINGER SCALLION

Mince your scallion. Finely grate the ginger and garlic, transfer to serving container. Pour in the rice vinegar. Stir. Serve with cocktail spoon. Top oysters with fresh scallions.

