

The World is your Oyster



Oyster, Food & Wine Festival

31 May and
1 June 2008

Oyster Entrées



Oysters are incredibly versatile. They can be eaten plain, on the half shell; enjoyed with a variety of condiments; and included in an array of recipes. Whilst they're usually steamed, boiled, baked, grilled or fried when included as part of a main course; as a starter they can also be eaten raw or used in soup.

Oysters can be purchased fresh, shucked and frozen, or in tins. Tinned oysters are probably the easiest and most convenient to work with, but this will of course depend on one's recipe requirements.

When fresh oysters are called for, you may need to shuck (open) them. Whilst this may take a little practice, it's really not that difficult.



Shucking an Oyster

- Before attempting to open your oysters, chill them in the freezer for an hour or so as this will relax the muscles making them easier to open.
- When opening an oyster, take care to retain the juice or liquor inside.
- If you don't have an oyster knife, use a strong stainless steel blade, as other metals may leave a metallic taste on the oyster.
- Wear a glove or use a towel to protect your hand from cuts.
- Hold the oyster firmly over a bowl and insert the blade between the top and bottom shell.
- Twist the knife to pry the halves apart.
- Work the knife around the hinge muscle and cut through it.
- Slip the blade beneath the oyster to remove it from the remaining shell.
- Remove any bits of shell stuck on the oyster.

Now that you know how to open your oysters, here are a couple of simple oyster entrée recipes to try

Crumbed Oyster with Biltong & Pepperdew

Ingredients

12 fresh oysters
250ml bread crumbs
80g melted butter
50g biltong powder
100g Peppadew (finely chopped)

Method

- Mix the melted butter with the bread crumbs
- Place bread crumb and butter mixture on top of each oyster
- Grill until golden brown
- Sprinkle with biltong powder and chopped Pepperdew

French Oyster

Ingredients

12 fresh oysters

Hollandaise

3 egg yolks

200g butter (clarified)

150ml oil

10ml white wine vinegar

15ml lemon juice

15ml lemon zest

dill (enough twigs to garnish 12 oysters)



Method

- Prepare the hollandaise by whisking the egg yolks, white wine vinegar, lemon zest and lemon juice in a glass bowl over a pot of boiling water
- When the egg yolk mixture thickens, slowly add the clarified butter and oil. Season to taste
- Spoon the hollandaise over each oyster and brown lightly under the grill
- Garnish with fresh dill

Sushi Oyster

Ingredients

12 fresh oysters

soy sauce

Wasabi paste
pickled ginger

Serve the fresh oysters with the sushi condiments. The salty soy sauce and strong wasabi tastes really enhances that of the oysters.



Mexican Oyster

Ingredients

12 fresh oysters (shucked, but left in the half shell)
1 bag of Tortilla chips (Dorito's)

Guacamole

1 avocado pear
1 clove garlic (finely chopped)
3ml Tabasco sauce
15ml lemon juice
salt and pepper to taste

- Puree the avocado pear and mix in the chopped garlic, Tabasco sauce and lemon juice. Season to taste

Salsa

1 tomato
1 red onion
1 red pepper
30ml fresh coriander (chopped)
20ml olive oil
20ml white wine vinegar
15ml sugar

- Cut the tomato, onion and red pepper into small cubes.
- Mix in the olive oil, wine vinegar and sugar.
- Season to taste

Place a teaspoon of guacamole on each tortilla chip. Garnish with salsa and serve with the oysters.

Smoked Oyster With Chorizo & Sage

Ingredients

12 fresh oysters (shucked, but left in the half shell)
1 Chorizo sausage (sliced)
30ml fresh sage (chopped)

Method

- Smoke the oysters in a Weber using the indirect cooking method with 20 briquettes on either side. Use oak chips and lemon rind for smoking
- Lightly grill each slice of sausage
- Place a slice of Chorizo in the shell with each oyster, sprinkle with chopped sage and serve

Oyster & Seafood Soup

Ingredients

1 onion (chopped)
2 cloves garlic (chopped)
30ml sunflower oil
500g kabeljou (cut into cubes)
125ml white wine
250ml water
1 packet mushroom soup (mix with 400ml water)
10ml Italian herbs
3 tablespoons parsley (chopped)
1 tin baby clams
2 tins smoked oysters
2ml cayenne pepper
black pepper
salt



Method

- Sauté the onions and garlic in oil
- Add the cob, white wine and water. Stir. Boil for 5 minutes
- Add the soup, herbs, and parsley. Cook for another 5 minutes
- Drain the clams and oysters and add them to the soup
- Add the seasoning and serve