

Seafood Safe Handling Tips

- Purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.

Buying and Storing Tips

- Live oysters should close tightly when shell is tapped. Discard oysters that do not close.
- Oysters should have a mild sea breeze odor and shells free of cracks.
- Oysters should never be exposed to sudden temperature change. Do not store live oysters directly on ice or immersed in water.
- Store at a constant 41° F in the refrigerator in a container with the lid slightly open. They will remain alive for up to 7 days. Drain excess liquid daily.
- Freshly shucked oysters have a fresh sea breeze aroma and a clear or slightly milky gray liquid in the container.

Cooking Tips

- Wash live oysters thoroughly under cold running water prior to cooking.
- Oysters become plump and opaque and the edges begin to curl when thoroughly cooked.
- Serve roasted and grilled oysters in shells with melted butter or a sauce.
- **Easy grilling:** Place oysters about 4 inches from hot coals or gas flame. Grill for approximately 10 minutes or until shells open.
- **Easy oven roasting:** Place oysters on a baking sheet on the middle rack. Roast at 350° F for 10 minutes or until shells open.
- **Easy fried oysters:** bread shucked oysters and fry in oil for 3 to 4 minutes at 375° F.
- **Easy baked oysters:** bake shucked oysters for 10 minutes at 450° F.

Florida Oysters

Oysters have a long history as a favored food dating back to the ancient Greeks and Romans. Oysters feed mainly on single-cell plants and flourish in Florida's estuaries where nutrient-rich fresh water rivers meet coastal saltwater. With this plentiful food supply, Florida's Eastern oysters (*Crassostrea virginica*) grow rapidly and can reach market size in less than two years. Along Florida's Gulf Coast, oysters are harvested commercially from small boats by fishermen using large, long-handled tongs to scoop oysters from the sandy bottom beds.

Characteristics: The extra lean meat is tender to firm textured with slightly salty flavor.

Substitutes: Hard clams

How Much to Buy: In-shell oysters: 6 whole oysters per serving. Shucked oysters: 1/3 to 1/2 pint per serving.

Nutritional Value Per Serving:

For approximately 4 ounces (114 grams) of raw, edible portions: Calories 80, Calories From Fat 24, Total Fat 3g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 56mg, Total Carbohydrates 5g, Protein 8g, Omega 3 Fatty Acid 1.54g



Oyster Po-Boy

People with compromised immune systems are at high-risk and should avoid consumption of raw oysters. They can, however, consume thoroughly cooked oysters. If you have chronic illness of the liver, stomach, blood, diabetes or other immune disorders, you are at greater risk of serious illness from raw oysters and should eat oysters fully cooked. People in high-risk groups insistent on consuming raw oysters should consider only oysters that are labeled "processed to reduce Vibrio vulnificus to non-detectable levels." If unsure of your risk, consult a physician. For more information, go to www.BeOysterAware.com



Always ask for Florida seafood and look for the "Fresh From Florida" or "From Florida" logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. "Fresh From Florida" seafood information, recipes and brochures can be found at FL-Seafood.com.

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Oysters



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Fried Florida Oysters

- 1 pint Florida oysters, shucked
- 3 tablespoons milk
- 1/2 cup all-purpose flour
- 1/2 cup cornmeal
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- canola oil for pan frying

Drain liquid from oysters and remove any shell pieces. In a bowl, combine oysters and milk. Mix flour, cornmeal, salt and pepper in a pie plate and coat oysters with flour mixture. In a heavy skillet, fry oysters in oil over medium-high heat for 2 to 3 minutes on each side until browned. Drain on absorbent paper. Serve with a favorite sauce or on salad.
Yield: 6 servings

Nutritional Value Per Serving:
Calories 131, Calories From Fat 25 , Total Fat 3g,
Saturated Fat 0.78g, Trans Fatty Acid 0, Cholesterol
45mg, Total Carbohydrate 17g, Protein 8g,
Omega 3 Fatty Acid 0.51g

Oysters Rockefeller

- 36 Florida oysters, shucked, on the half shell
- rock salt
- 2 cups Florida spinach, cooked and drained
- 1/4 cup Florida onion, chopped
- 2 fresh bay leaves
- 2 tablespoons Florida celery, chopped
- 1 teaspoon Florida parsley, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon hot pepper sauce
- 1/3 cup butter
- 1/2 cup dry breadcrumbs
- 1 tablespoon Florida lemon juice

Preheat oven to 400° F. Arrange oysters in shells on rock salt in a baking dish. Process spinach, onion, bay leaves, celery, parsley and seasonings in a food processor until smooth. In a saucepan, cook spinach mixture in butter for 5 minutes. Add breadcrumbs and lemon juice, mixing well. Spoon the spinach mixture on top of oysters and bake at 400° F until oyster edges curl.
Yield: 6 servings



Nutritional Value Per Serving: Calories 203, Calories From Fat 113 , Total Fat 13g, Saturated Fat 8g, Trans Fatty Acid 0, Cholesterol 71mg, Total Carbohydrate 13g, Protein 9g, Omega 3 Fatty Acid 0.56g



Golden Oyster Chowder

- 1 pint shucked Florida oysters, undrained
- 1/2 cup Florida onion, chopped
- 1/2 cup Florida celery, sliced
- 2 cups fresh Florida mushrooms, sliced
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups Florida milk
- 1 10 1/2 ounce can cream of potato soup
- 1 1/2 cups sharp Cheddar cheese, shredded
- 1 2-ounce jar diced pimiento
- 1/4 teaspoon hot pepper sauce

Remove any shell particles from oysters; set aside. Cook onions, celery and mushrooms in butter over low heat until tender. Stir in flour, salt and pepper; add milk gradually stirring until thickened. Add potato soup and grated cheese. When cheese is melted, add oysters, pimiento and hot pepper sauce. Simmer for 5-10 minutes or until oyster edges curl.
Yield: 6 servings

Nutritional Value Per serving: Calories 330, Calories From Fat 200, Total Fat 23g, Saturated Fat 15g, Trans Fatty Acid 0, Cholesterol 95mg, Total Carbohydrate 17g, Protein 16g, Omega 3 Fatty Acid 0.46g

Spicy Jalapeño Cheese and Bacon Oysters

- 36 Florida oysters, shucked, on the half shell
- rock salt
- 12 ounces mozzarella cheese, grated
- 1/2 cup cooked bacon, crumbled
- 4 Florida jalapeño peppers, chopped

Arrange oysters on rock salt in a baking dish. Top each oyster with 1/2 teaspoon of cheese, crumbled bacon and chopped jalapeño to taste. Bake in a preheated oven at 350° F for 10 minutes or until edges of oysters begin to curl.
Yield: 6 servings

Nutritional Value Per Serving:
Calories 248, Calories From Fat 110, Total Fat 12g; Saturated Fat 12g; Trans Fatty Acid 0, Cholesterol 50mg, Total Carbohydrates 7g, Protein 27g, Omega 3 Fatty Acid 0.46g

