

## Oyster Cooking Options

Eating oysters raw is more common but they can be cooked in many different ways.

### Sauteed

Shuck, then add oyster meat and juices to skillet with butter, oil, or wine. Serve over pasta.

### Fried

Shuck, bread the meat, and fry to give it a nice crunch. Pair with a flavorful sauce.

### Broiled

Shuck, add herbs or cheese, and broil them for your own spin on Oysters Rockefeller.

### Grilled

Shuck, grill, and top with endless flavors like lemon, hot sauce, butter, or wine.

### Steamed

Cook on the grill until the shell opens. Let it cool and enjoy the flavor the juices add to the meat.

### Soup or Chowder

Shuck, then add oyster meat and juices into a soup or chowder.

### Stuffing

Shuck and add oyster meat and juices into your holiday stuffing to give it a seafood twist.

### Poached

Shuck, then poach the meat and juices with various flavor options. Serve in the shell for a decadent twist on oyster on the half shell.



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Learn more about NY Aquaculture at:

[www.bit.ly/AquaPWT](http://www.bit.ly/AquaPWT)

or scan QR code



*\*The Center for Disease Control (CDC) advises the immune compromised (i.e., the elderly, pregnant women, and those who suffer from liver or kidney disease, diabetes, HIV, cancer, or take medications that suppress their immune system) to fully cook certain foods. They can be at risk of serious illness from bacteria that may be associated with raw or undercooked poultry, eggs, hamburger, and shellfish. Ask your doctor if you are not sure.*

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## BEYOND RAW

### The many ways to enjoy oysters



## Oyster Preparation Tips

Rinse oyster shells in freshwater and scrub them if needed.

Do not submerge them in freshwater or let them sink into melted ice water.

Unopened oysters can safely stay in the fridge for 7 to 10 days. Covering them with a damp towel will help keep them fresh.



Prior to shucking or cooking, tap on the shell to see if it closes. If the oyster doesn't close or sounds hollow, discard it since it may be dead.

When grilling or baking, keep shells upright so their juices don't spill out. Use crumpled foil or rock salt on baking sheet to keep shells upright.

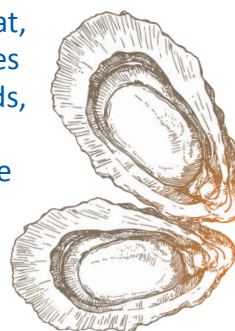
Cook oysters to an internal temperature of 145°F.

Discard any bivalve (i.e., oyster, clam, or mussel) that did not open after cooking since it may have already been dead and could make you sick.

## Some Oyster Facts

Farming oysters is sustainable and great for the environment. No fertilizer or any additives are needed since the oysters get all their nutrients from the natural algae in the water.

Oysters are very healthy to eat, providing significant quantities of protein, omega-3 fatty acids, vitamins, and minerals. The oysters provide many of these nutrients in higher quantities than other animal protein sources, plus they are also lower in fat and cholesterol.



Commercial oyster farms in NY are located only in healthy waterbodies certified by the state. Farms are well regulated to ensure a safe, delicious, and sustainable source of protein.

Oyster farms provide critical habitat for many species. Underwater studies show year-round activity, since farms serve as feeding, spawning, and nursery grounds for fish and crabs. Farms also provide places to hide from predators.

## Common Misconceptions

***"Only eat oysters during months with an 'R' in the month's name..."***

This outdated saying advised against eating wild harvested oyster during spawning season and when modern refrigeration for transport and storage was not yet available.

***"Oysters are aphrodisiacs..."***

This is mostly from historic lore rather than scientific evidence. However, oysters do contain high amounts of zinc and amino acids that might increase hormone levels.

***"You can tell an oyster's gender by its shell..."***

Shell size and shape are not related to its gender. Most oysters start as males and can transition into females, but this is not permanent and they can revert back.

***"All oysters taste the same..."***

The flavor of an oyster is developed by its habitat, including the salinity level, water depth, time of year, and location. This is known as "merroir." Test this out by getting oysters from different farms at the same time to see for yourself.

Farmer approved recipes can be found at the East Coast Shellfish Growers Association website: [www.bit.ly/ECSGArecipes](http://www.bit.ly/ECSGArecipes) or scan the QR code.



## WAYS TO FIND LOCAL OYSTERS

Connect with local famers via the Long Island Oyster Growers Association website: [www.liogany.org](http://www.liogany.org) or scan QR code.



Participate in Long Island's Oyster Week every October by heading to partnering restaurants.

Find local seafood using: [www.localfish.org/locator](http://www.localfish.org/locator)

More oyster nutrition info can be found at the following website: [www.bit.ly/oyster\\_nutrition](http://www.bit.ly/oyster_nutrition) or scan the QR code.

