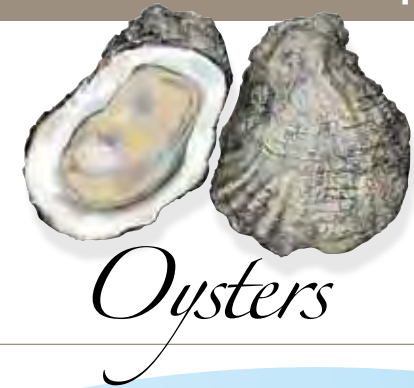


## Oysters



### Seafood Safe Handling Tips

- When shopping, 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 degrees in the refrigerator in a container with the lid slightly open. They will remain alive for up to seven days. Drain excess liquid daily. Freshly shucked oysters have a fresh sea breeze aroma.

### 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.
- 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 degrees for 10 minutes or until shells open.
- Easy fried oysters: bread shucked oysters and fry in oil for 3 to 4 minutes at 375 degrees.
- Easy baked oysters: bake shucked oysters for 10 minutes at 450 degrees.

### How Much to Buy

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

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.

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](http://www.BeOysterAware.com)

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

Bureau of Seafood and Aquaculture Marketing  
2051 East Dirac Drive  
Tallahassee, Florida 32310-3760

Email: [Seafood@FreshFromFlorida.com](mailto:Seafood@FreshFromFlorida.com)

For more recipes visit:  
[FreshFromFlorida.com](http://FreshFromFlorida.com)



Florida Department of  
Agriculture and Consumer Services

FDACS-P-01425  
Rev. 05-2014



[FreshFromFlorida.com](http://FreshFromFlorida.com)





## Florida Oysters Rockefeller

### Ingredients

- 36 Oysters, shucked, on the half shell
- 2 Cups spinach, cooked and drained
- ½ Cup crispy bacon, crumbled
- 1 Cup mozzarella cheese
- ½ Cup Parmesan cheese, grated
- 1 Bell pepper, diced small
- 2 Tablespoons fresh parsley, chopped fine
- ¼ Tablespoon hot pepper sauce
- 1 Lemon, juiced
- ½ Cup Panko breadcrumbs
- 4 Lemons, quartered for garnish
- Sea salt and fresh ground pepper to taste

### Preparation

Pre heat oven on high broil. In a medium-sized mixing bowl, combine spinach, bacon, mozzarella, Parmesan cheese, bell pepper, parsley, hot sauce and lemon juice. Stir ingredients. Taste spinach mixture and adjust seasoning with salt and pepper. Place one tablespoon or so of the spinach mixture on top of each half shell oyster. Place all stuffed oysters on a cookie sheet. Put the cookie sheet in the middle rack of the oven. Carefully watch the oysters under the broiler, and let them cook for several minutes until the oyster edges curl and the top of the stuffing is golden brown and bubbly. Serve oysters over a bed of ice cream salt with lemon wedges.

### Yield

6 servings

## Florida Oyster Dressing

### Ingredients

- 1 12-ounce container oysters
- ½ Cup celery, chopped
- ½ Cup onion, chopped
- ¼ Cup butter
- 4 Cups day-old bread cubes
- 1 Tablespoon fresh parsley, chopped
- 1 Teaspoon sage
- ½ Teaspoon salt
- ⅛ Teaspoon poultry seasoning
- ⅛ Teaspoon pepper

### Preparation

Preheat oven to 325 degrees. Drain oysters; reserve liquor. Remove any remaining shell particles. Chop oysters. Cook celery and onion in butter until tender. Add oysters and oyster liquor to vegetables; cook for 10 minutes. Combine oysters, cooked vegetables, bread cubes and seasonings in a large bowl; mix thoroughly. If stuffing seems dry, moisten with additional oyster liquor. Bake dressing in a greased casserole for 30 minutes.

### Yield

4 servings

## Pan Roasted Florida Oysters

### Ingredients

- 12 Oysters, on the half shell
- ¼ Stick unsalted butter, softened at room temperature
- ½ Cup bell pepper, fine diced
- 4 Cloves fresh garlic, minced
- 2 Tablespoons fresh parsley, chopped fine
- Sea salt and fresh ground pepper to taste
- Lemon, quartered for garnish

### Preparation

Preheat oven broiler to medium-high. In a small mixing bowl, combine butter, bell pepper, garlic and parsley. Stir butter to combine all ingredients, and season lightly with salt and pepper. Place all 12 oysters in an oven-proof roasting pan. Evenly distribute a dollop of the mixed butter over the top of each oyster. Place the roasting pan on the center rack in the oven. Carefully watch the oysters under the broiler. Once the sides of the oyster turn gray and bubble around the edges, it's time to remove them from the oven. Let oysters cool slightly, and serve with lemon and crusty bread.

### Yield

2 to 4 servings