

# How to handle shellfish with love

Shellfish are one of Nature's most perfect foods – healthful, nutritious and delicious. However, if shellfish are not kept cold they can cause illness (like many other raw foods). These tips ensure that the shellfish you serve are as perfect and healthful as Nature intended.



## BUYING SHELLFISH

Only buy shellfish from a reputable source. Ask to see the dealer tag that is required by law to follow each batch. The tag indicates where and when the shellfish were harvested.



Make sure there are no dead or gaping shellfish in the batch. Live shellfish will close tightly when tapped. Shellfish should smell fresh - like an ocean breeze.



## TRANSPORTING SHELLFISH

Make sure your shellfish stay cold on the trip home.

The optimal temperature to preserve flavor and safety is 35° to 45° F.

Here are a few options:

- Keep shellfish on ice and in the shade for the trip home.
- Using a cooler with ice or cold packs is the best choice. Your shellfish retailer should be able to supply you with ice and may have insulated bags or coolers for sale.



## STORING SHELLFISH

Fresh shellfish can last for several days if properly stored in your refrigerator below 45° F. Freezing shellfish will kill them, and they should not be held in melted ice water. Make sure they are not contaminated by other foods that might drip on them. Allowing shellfish to warm up can allow bacteria to grow, increasing the risk of illness.



## COOKING SHELLFISH

Avoid raw or undercooked shellfish if you are immune compromised,\* but fully cooking shellfish will eliminate bacteria. See reverse for a few recipe ideas or visit our website for great shellfish recipes and videos.

*\* The elderly, as well as those individuals who suffer from liver disease, diabetes, HIV, or are taking medications that suppress their immune system, can be at risk for serious illness from bacteria that may be associated with raw or undercooked poultry, eggs, hamburger and shellfish (especially in summer). Ask your doctor if you are not sure.*



**FOR MORE INFORMATION**  
about shellfish safety issues  
visit our website:  
[www.ECSGA.org](http://www.ECSGA.org)  
or  
[www.safeoysters.org](http://www.safeoysters.org)  
[www.ECSGA.org/safety](http://www.ECSGA.org/safety)

## Oysters Rockefeller

### INGREDIENTS

24 shucked oysters separated from shells  
6 strips bacon, finely chopped  
1½ pounds fresh washed spinach, finely chopped  
4 fresh scallions, finely chopped  
2 crushed cloves of garlic  
4-5 tablespoons plain bread crumbs  
2 tablespoons Pernod  
A couple dashes of hot sauce  
Salt & pepper  
Freshly Grated Parmesan  
Rock salt (coarse)

### DIRECTIONS

Preheat oven to 350°. Line baking pan with 1 inch of rock salt. Shuck oysters, save the liquid. Rinse & retain shells, place the oysters back into half shells. Place shells in rock salt, make sure they're level. In large skillet, sauté bacon until crisp.

Remove and chop. Add chopped spinach, scallions & garlic to pan. Cook til soft. Add bread crumbs, bacon, hot sauce, Pernod, and oyster liquor. Mix well; season with salt & pepper. Spoon mixture onto each oyster & sprinkle with grated Parmesan. Bake for 15 minutes. Serves 4



PHOTO: FoodThinkers.com

## Grilled Oysters

Preheat grill to high. Let the oysters do the work as the heat from the grill will open the shells after just a few moments, now remove top shell with tongs. Drizzle your choice of white wine, lemon juice or garlic butter. Finish cooking for a few more minutes.

COVER PHOTO: Nina Bargiel

## Clams Casino

### INGREDIENTS

12 littleneck clams (top shell discarded)  
1 tablespoon butter & 1 tablespoon olive oil  
1/4 cup onion, finely chopped  
2 tablespoons red pepper finely chopped  
2 tablespoons celery finely chopped  
2 cloves garlic, minced  
1 piece of soft oatmeal bread  
2 tablespoons freshly grated parmesan  
2 tablespoons butter  
2 slices of bacon, fried til 3/4 done, & then chopped

### DIRECTIONS

Open clams, put on baking sheet. Sauté onion, pepper, celery and garlic in butter & olive oil over medium low heat. Stir occasionally, until tender, about 5 min. Divide sautéed veggies among clams. Break bread into pieces & pulse in mini processor to form soft crumbs. Add parmesan & butter – pulse twice to blend. Add a teaspoon of this topping to each and top with a piece of bacon. Bake at 400° for 10 min. Serves 2



PHOTO + RECIPE: Thatsnotwhattherecipesays.com

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# Preparing PERFECT SHELLFISH

*Tips on buying, transporting  
and preparing  
healthy, delicious shellfish*



*Partners with Nature*