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Mississippi Seafood

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The Gulf Oyster Project
www.gulfoysters.net



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Mississippi
Oyster Recipes



Developed by Mississippi State University &
Mississippi Department of Marine Resources

Foreword



A lot of Chefs, especially here in the south will tell you that seafood is versatile and wonderful. Cooking seafood is such a thrill because you can do it so many ways – Boil it, char-grill it, fry it, bake it, smoke it or shish-kabob it. However you choose to cook your seafood, especially oysters, its certain to be a real treat.

This cookbook has over 50 oyster recipes developed by Mississippi State University researchers, Dr. Linda Andrews and Dr. Patti Coggins. Theirs is a fitting tribute to the gem of the Gulf of Mexico seafood industry, the Mississippi Oyster. This southern delicacy is not only tasty, but nutritious too. One serving of oysters can provide over 500% of the daily requirements for vitamin B12 and more than 200% of one's daily zinc needs. It can surely satisfy the protein needs of the family.

These recipes were developed as part of the project – “Integrated Oyster Market research, Product Development and Evaluation, Promotion, and Consumer Education Program for the Gulf of Mexico’s Oyster Industry”, a collaborative effort through the Gulf and South Atlantic States Fisheries Foundation, Inc., to increase consumer awareness, consumption and sales of oyster products. Most of all this cookbook will introduce you to new recipes and enhance your pleasure in eating oysters.

I hope you enjoy these new oyster recipes.

Ruth Alviola Posadas, Project Team Leader
Mississippi Department of Marine Resources



Smoked Oyster Casino

Smoked oyster on the half shell topped with garlic and butter, Bechnell sauce (orange sauce) and browned in the oven.

Orange Sauce:

1 cup white sugar

1/2 cup butter

1/2 cup light corn syrup or Karo syrup

1/2 cup frozen orange juice concentrate, thawed

Combine all ingredients in a medium saucepan over medium heat. Bring to a boil, reduce heat and simmer 5 minutes more. Ready for use or serve (6)

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Photography by Linda Andrews, Susan DeBlanc, Ron Jordan, Jeff Davis and Ruth Posadas

Oyster Cheese Ball

- 8 oz cream cheese, softened
- 1 (3.66 oz) can smoked oysters, drained slightly
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon curry powder
- 3/4 cup chopped pecans

In medium sized bowl, combine cheese and oysters. Add Worcestershire sauce, garlic powder, and curry powder to oyster mixture. Mix well and form in to balls. Pour pecan pieces onto a piece of wax paper. Roll oyster cheese ball in pecans. Refrigerate until hardened. Serve with crackers.

Oyster Cheese Ball

- 2 cups boiled fresh Mississippi oysters
- 1 bag (12 oz) finely shredded extra sharp cheddar cheese
- 1 – 8 oz. cream cheese
- 1 teaspoon ground red pepper
- 3 teaspoons ground parsley
- 2 cups chopped almonds
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 chopped green onions

Mix all ingredients together except almonds. Form into a ball. Roll in almonds. Chill. Serve with crackers.



Oyster Lasagna

- 1 can Smoked Oysters
- 1/4 lb. Lasagna noodles
- 1 tablespoon oil
- 2 tablespoons margarine
- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1 cup garlic, finely chopped
- 6 oz tomato paste
- 2 1/2 cups stewed tomatoes
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon pepper
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/2 lb. cottage cheese
- 1/2 lb. Mozzarella cheese, grated

Cook noodles in 4 quarts of boiling, salted water approximately 15 minutes. Add oil to water so lasagna does not stick together. Drain and cool slightly. While noodles are cooking, melt margarine in a large skillet. Add onions, celery and garlic. Sauté for 5 minutes. Stir in tomato paste, tomatoes, salt, chili powder, pepper, basil and oregano. Cover and simmer 30 minutes. Remove from stove and stir in smoked oysters. Grease an 8-inch square baking dish. Arrange ingredients in layers in baking dish - oyster sauce, noodles, cottage cheese and mozzarella cheese. Use 1/3 of each per layer and sprinkle remaining mozzarella cheese on top. Bake at 350 degrees for 35-40 minutes.

Batter Fried Oysters

- 2-1/2 dozen medium-sized Mississippi oysters; freshly shucked
- vegetable oil for deep frying
- 2 eggs
- 2 tablespoons water
- horseradish sauce to taste
- 1 1/2 cup
- 1 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper

Drain oysters. Preheat oil in deep fryer to 375°C. Combine eggs, water and horseradish sauce. Combine flour, salt, pepper and cayenne in a bowl and mix thoroughly. Dip oysters in egg mixture, then in seasoned flour to coat. Place side by side but not touching on a platter and allow to dry for a few minutes. When ready to fry the oysters, dip again in seasoned flour. Fry in batches of 6 to 8 until golden brown (about 3 minutes). Drain oysters by placing on a platter lined with paper towels. Can be set in a 200°F oven until ready to serve. Yield: 4 servings.

Southern Flavor Breading

- 1 cup unbleached white flour
- 1 teaspoon onion powder
- 1 teaspoon parsley
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Oyster Alfredo

2 garlic cloves
fresh ginger
1/2 cup cream
1 tablespoon butter
salt
pepper
sprinkle of freshly grated nutmeg
1/2 cup fresh shucked Mississippi oysters with their liquor
s squirt of lemon
1/4 cup chopped Italian flatleaf parsley
1 cup short pasta (conchiglie, ziti, mostaccioli, etc.)
1/4 cup Parmigiana Reggiano

Mince 2 fat garlic cloves and an approximately equal amount of fresh ginger, and sauté all in a tablespoon of good olive oil until it's aromatic. Add 1/2 cup cream, 1 tablespoon butter, salt, pepper and a sprinkle of freshly grated nutmeg. Bring to a boil and cook for just a minute or so, until the cream thickens. Add 1/2 cup fresh shucked oysters with their liquor and a squirt of lemon; add 1/4 cup chopped Italian flatleaf parsley; turn down heat and continue cooking just until the oysters are warmed through.

Meanwhile you've been cooking 1 cup of short pasta; drain it and stir it into the sauce with 1/4 cup Parmigiana Reggiano.

Oyster Fritters

1 cup of chopped oysters
1 egg, beaten
Flour
Salt and pepper

Mix together chopped oysters, beaten egg and seasonings. Add just enough flour to hold together. Drop by spoonfuls into hot grease. Fry until golden.



Oyster Cakes

Mississippi oysters, chopped
1 egg
1 teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 teaspoon. Seafood seasoning
1 teaspoon parsley flakes
1/4 teaspoon dry mustard
1 tablespoon mayonnaise
1 teaspoon prepared mustard
1/4 cup cracker or bread crumbs
2 tablespoon olive oil

Place oysters into a large mixing bowl. In a separate mixing bowl, beat eggs, Worcestershire sauce, lemon juice, seafood seasoning, dehydrated parsley flakes, dry mustard, mayonnaise and prepared mustard in a separate mixing bowl.

Add cracker crumbs to the mixture. Fold dressing into oysters. Shape into slightly flattened patties and chill. You can either sauté the cakes in 2 tablespoons of extra virgin olive oil on both sides until they are golden brown, or you can broil until golden brown on each side.

Yield: the number of crab cakes depend on their size.

Oyster Spinach Pizza

- 1 can refrigerated pizza crust
- 1 jar of prepared alfredo sauce
- 1 box of frozen spinach (thawed and squeezed dry)
- 1 cup mozzarella cheese
- assorted pizza toppings of your choice...we like Mississippi oysters
- Parmesan cheese

Spread the dough into a pan as instructed on the package. In a bowl mix the alfredo sauce and spinach. Spread on to pizza dough. Top with mozzarella and layer with oysters and other toppings of choice. Sprinkle with parmesan cheese and bake according to the pizza dough instructions. Voila! Spinach pizza!

You can also make the pizza dough in the bread machine or by hand and make your own alfredo sauce, but then it is no longer 'quick and easy.' Give this a try...your family will love it! If you have extra spinach/sauce mixture, add extra spinach to it for a yummy side dish.

Rice and Oyster Casserole

- 3 cups raw brown rice
- 2 lbs hot bulk sausage
- 2 cups onion, chopped
- 2 cups celery, chopped
- 2 pints, Mississippi oysters, drained
- 1/2 cup dried parsley flakes

Cook brown rice according to directions. Crumble sausage and cook in skillet. Remove sausage and use drippings to cook onion and celery until tender. Drain well. Mix vegetables, sausage, oysters, rice and parsley. Place in 9x13 casserole dish and bake for 30 minutes at 350°F. Cover and bake for 20 minutes more. Serves 8-10.

Oyster Soup

- 1 (4 oz) can mushrooms
- 2 cans chicken broth
- 2 chicken bouillon cubes
- 2 dozen raw Mississippi oysters
- 2 small onions, chopped
- 3 tablespoon butter

Oyster-Onion Shortbread

- 12-15 well drained Mississippi oysters
- 1 small onion
- 5 tablespoon butter
- 1 can creamed corn
- 1/2 cup milk
- Jiffy corn muffin mix
- 1 egg
- Tabasco sauce
- 8 oz sour cream
- 1/2 teaspoon dill weed
- 1/4 teaspoon salt
- 8 oz sharp cheddar

Combine corn, milk, muffin mix, egg and hot sauce. Pout into buttered 10" skillet. Saute onions in butter until tender and add oysters. Simmer until edges curl. Drain well.

Mix sour cream, dill, salt, and 1/2 of cheese. Fold in sautéed oyster. Spoon this onto mix in the skillet. Bake at 435°F (220°C) for 30-45 minutes. Top with remaining cheese immediately after removing from oven. Let sit 5-10 minutes, then serve while hot.

Seafood Court Bouillon

- 4 lbs whitefish, cod
- 1 1/2 - 2 pints Mississippi oysters, drained
- 2 lbs peeled shrimp
- 4 oz sliced mushrooms
- 1/4 cup sherry wine
- 1 lemon – sliced
- 2 tablespoon parsley

Place fillets in large casserole dish. Sprinkle with oysters, shrimp, and mushrooms. Cover with Creole sauce. Sprinkle with wine and top with lemon slices and parsley. Bake 20-25 minutes at 350°F. Serve over rice. Serves 12-15.



Noodle Marmaduke

- 1/4 cup sliced onion
- 2 tablespoon butter
- 1 lb Mississippi oysters
- 3 tablespoon sherry wine
- 1 can beef consommé
- 1 (6 oz) can mushrooms
- 3 tablespoon lemon juice
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Dash of garlic powder
- 1/4 lb medium noodles
- 1 cup sour cream
- chopped parsley

Put onions and oysters in butter and cook until oysters are done. Stir in sherry, consommé, mushrooms and juice, lemon juice, salt, pepper, and garlic powder. Simmer uncovered for 15 minutes. Stir in uncooked noodles and cook until they are tender. Stir in sour cream and garnish with parsley. Serves 6.

Oyster Quiche

- 1 pint Mississippi oysters
- 1/3 cup green onions, finely chopped
- 1/2 teaspoon basil leaves
- 1 tablespoon parsley, fresh
- dash of garlic powder
- 1/2 teaspoon salt
- 1/2 tablespoons margarine
- 1 1/2 cup Swiss cheese, grated
- 1/2 cup mushrooms, finely chopped
- 1/4 cup green pepper, finely chopped
- 1 cup milk
- 2 eggs
- paprika

Simmer oysters 10 minutes, cut up and drain well. Sauté mushrooms, green peppers and onion in 1/2 tablespoon margarine. Add basil, parsley, garlic and salt to well combined eggs and milk. Beat until foamy, then blend in cheese.

Combine well-drained oysters to sautéed vegetables. Spoon oyster mixture evenly into pie shell and add milk mixture. Sprinkle with paprika. Bake at 350°F for 50 minutes or until cheese is lightly browned and quiche is set. Cool 10 minutes and serve.



Scalloped Oysters

- 3 (10 oz) containers of shucked Mississippi oysters
- 2 cups oyster crackers
- 8 oz mushrooms, sliced
- 1 onion, chopped
- 1 clove garlic, minced
- 1/4 cup butter
- 1/4 cup flour
- 1 cup milk
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoon lemon juice
- 2 teaspoon lemon zest
- 1 dash nutmeg
- 1 teaspoon Worcestershire sauce
- 2 tablespoons parsley
- 2/3 cup fresh bread crumbs

Drain the oysters, reserving the liquid. In a saucepan over medium heat, melt the butter and then add the onions and mushrooms, cook until tender. Add the garlic and cook another 2 minutes. Add the flour and cook another 2 minutes, making sure the flour is well combined. Add the reserved oyster liquid and milk, stir with a whisk until all the flour is worked into the liquid and a smooth, thick sauce is formed. Cook for 5 minutes. Remove from heat. Add the remaining ingredients, except breadcrumbs. Place in a casserole dish and top with the fresh breadcrumbs. Bake at 350F degrees for 25 minutes.



Epicurean Cheesed Oysters

- 1 (16 oz) pkg Cheese-It crackers
- 1/2 teaspoon paprika
- 1/4 teaspoon rubbed oregano
- fat for deep frying
- 2 eggs
- 2 tablespoons water
- 1 pint Mississippi oysters, for deep-frying

Crush crackers with rolling pin into very fine crumbs between waxed paper. Mix with paprika and oregano and set aside. Beat eggs with water. Dip oysters into eggs and roll in crumbs. Lay on flat surface at least 30 minutes to set crust. Fry in moderately hot fat, 375 degrees, until crusty, about 4 to 5 minutes. Drain on paper towels. Garnish with lemon wedges and dill pickles. Serve with tartar sauce. Serves 5.

Coconut Oysters

- Mississippi oysters
- 1 cup evaporated milk
- 2 eggs
- 1 large box cracker meal
- 1/2 cup grated coconut
- 2 tablespoon seasoning salt
- oil

Add seasoning salt to oysters and set aside for a few hours. Beat eggs well and in a small bowl. Combine cracker meal and coconut in a mixing bowl. Place shrimp in evaporated milk, then eggs, then cracker and coconut mixture. Fry in a large pan until golden brown.



Oyster-Stuffed Mushrooms

- 1 pint of mushrooms
- One 5 ounce can of oysters, chopped
- 1/4 cup of crumbled cooked bacon
- 1/4 cup of bread crumbs
- 1/4 teaspoon of dried parsley
- 1/2 teaspoon of instant minced onion
- Dash of basil
- 1 tablespoon of oyster liquid

Wash the mushrooms.
Remove stems.
Prepare mixture and heap into mushroom caps.
Arrange on plate lined with paper towel.
Microwave for 3-4 minutes.





Oyster Cocktail

- 24 Mississippi oysters, off the shell
- 4 tomatoes, chopped fine
- 1 onion, chopped fine
- 1/2 cup vinegar
- seasonings to taste (highly seasoned)

Put all ingredients together in a sauce pan. Cover. Let cook quickly for 6 minutes. Then serve.



Oyster Cornbread Dressing

- 2 dry cornbread mixes
- 2 eggs
- 2/3 cup milk
- 1 sweet potato
- 1 stalk celery – chopped
- 1/2 onion – chopped
- 1 bunch green onion – chopped
- 3 tablespoons butter
- Mississippi oysters
- 1 (16 oz.) pkg hot sausage

Make cornbread according to package. Let cool; crumble. Set aside. Boil sweet potato until tender. Mash – set aside. Cook sausage and drain. Chop celery, onion, and green onions. Sauté with butter. Add to cooked sausage to skillet with vegetables. Add oysters. Add cornbread and sweet potato. Mix together and enjoy!

Oyster Wantons

- 8 oz cream cheese
- 1 cup Monterey Jack cheese, shredded
- 1/2 teaspoon garlic powder
- 1/4 teaspoon garlic pepper
- 1/4 teaspoon onion powder
- 12 wonton wrappers
- Mississippi oysters

Mix ingredients together. Place about a tablespoon onto the wonton wrapper. Moisten a fork with egg to seal. Fry in hot oil.

Oysters Wrapped in Bacon

- 12 strips of bacon
- 12 raw Mississippi oysters in their own juice
- 3 tablespoons brown sugar

Sprinkle brown sugar on the strips of bacon. Wrap one strip of bacon around each oyster. Place in preheated oven at 350°F and bake for 35 minutes.



Oyster Stir-Fry

- 24 raw Mississippi oysters in their own juices
- 2 celery stalks in 1/4" slices
- 1 red bell pepper, sliced
- 2 carrots cut in matchstick pieces
- 1/2 white onion, sliced
- 8 oz can water chestnuts, drained
- 19 oz package frozen sugar snap peas or 2 cups fresh sugar snap peas
- 1 1/2 cups cut broccoli, frozen or fresh
- 2 tablespoons oil
- 1/3 cup water
- 2 teaspoons sugar
- 1 package stir fry oriental seasoning mix

Blend seasoning, soy sauce, sugar, and water. Set aside. In large skillet, stir-fry vegetables. Add oysters and stir-fry until they shrink, probably 2-4 minutes. Add seasoning. Stir-fry 1 minute or until it thickened.

Nutritional Information: Eastern Oysters

Serving Size: 100g = 3.5 oz.raw

Calories: 68

Fat Calories: 23

Total Fat: 2.5g

Saturated Fat: 0.8g

Cholesterol: 53mg

Sodium: 211mg

Protein: 7.1g

Omega-3: 0.5g

Source: Seafood Handbook Poster 2003

Oysters in White Sauce

16 raw Mississippi oysters in juices

1 cup white sauce – BBQ

Place raw oysters with their own juices in medium-sized mixing bowl. Lightly pierce oyster with fork. Add white sauce and refrigerate for at least 30 minutes. After refrigeration, place oysters on skewers. Grill until oysters are done.



Oyster Kabobs

16 raw Mississippi oysters in juice

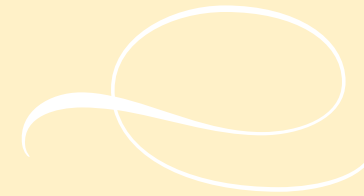
1/2 cup Mesquite marinade with lime juice

1 green bell pepper cut in 1" pieces

16 cherry tomatoes

1/2 onion cut in pieces

Place raw oysters with their own juices in medium-sized mixing bowl. Lightly pierce oyster with fork. Add marinade and refrigerate for at least 30 minutes. Do the same with the vegetables. After refrigeration, place oysters in vegetable on skewers however you like. Grill until oysters are done and vegetables are tender.



Oyster Dip

2 cups sour cream

1 cup chopped broiled Mississippi oysters

1/4 teaspoon dill weed

1/2 teaspoon salt

1/4 teaspoon black pepper

2 teaspoons chopped parsley

2 chopped green onions

1 teaspoon Lawry's seasoning salt

Mix together and chill. Makes 2 1/2 cups.

Oyster Cheese Dip

- 4 cups sour cream
- 1 can Campbell's cheese soup (10 oz.)
- 1 can diced green chilies (4 oz.)
- 1/8 teaspoon ground red pepper
- 2 cups chopped cooked Mississippi oysters
- 1 small white onion chopped

Mix together. Salt to taste if desired. Chill.



Oyster Broccoli & Cheese Casserole

- 1 lb. raw Mississippi oysters
- 1 lb. grated cheddar cheese
- 1 small box frozen spinach, drained
 - 1 1/2 teaspoon salt
 - 1 1/2 teaspoon pepper
- 1/2 lb. shredded provolone cheese
 - 2 tablespoons flour
 - 2 tablespoons sour cream
 - 1/2 stick butter, melted

Layer 1/3 of the oysters in a well-greased casserole dish. Mix together spinach, salt, pepper, flour, sour cream and butter. Place 1/3 of the mixture on top of the oysters, then 1/3 of the cheeses. Repeat with oysters, spinach mixture and cheeses until gone. Bake at 350°.

Blue Cheese Oyster Dressing and Dip

- 1/2 cup nonfat yogurt
- 1/4 cup instant nonfat dry milk
- 1 cup cooked Mississippi oyster, chopped
- 1/2 cup chopped green onion
- 2 oz. blue cheese, crumbled
- 1 clove small garlic, peeled and minced
- 1/4 teaspoon crushed dried basil
- 1/4 teaspoon crushed dried rosemary
- 1/8 teaspoon salt

Stir together in small bowl drained yogurt and milk. Stir in oysters. Mix in green onions, blue cheese, garlic, basil, rosemary, and salt. Cover and refrigerate 30 minutes before serving.

Oyster Pasta with Beans and Greens

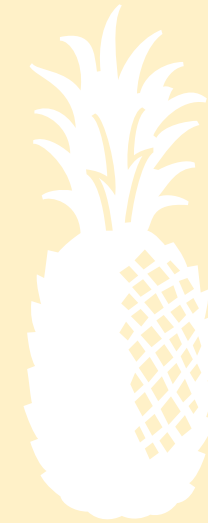
- 8 oz. bowtie pasta
- 4 cups chopped onion
- 1 cup chopped mushrooms
- 2 cups fresh raw Mississippi oysters
- 4 cloves garlic, peeled and minced
- 1 teaspoon dried rosemary
- 4 cups spinach
- 1/4 cup raisins
- 1/2 cup broth
- 1 can (15 oz.) white beans, drained and rinsed
- 2 – 4 tablespoons slivered almonds
- 2 – 4 tablespoons Parmesan cheese, coarsely shredded

Cook pasta according to package directions. Drain; keep warm.

Meanwhile, spray a large skillet with vegetable cooking spray. Sauté onion, mushrooms, garlic and rosemary with oysters until tender, 5 to 8 minutes.

Add kale, raisins and broth to skillet; heat to boiling. Reduce heat and simmer, covered, until kale is wilted, 5 to 8 minutes.

Stir in beans and cook until broth is evaporated, 3 to 4 minutes. Stir bean mixture into pasta; sprinkle with half of the Parmesan cheese and nuts; toss. Season to taste with salt and pepper. Sprinkle with remaining cheese to serve.



Pineapple Ginger Oyster Stir-Fry Dip

- 1 1/2 lb. fresh raw Mississippi oysters
- 2 tablespoons peanut oil
- 2 cups fresh pineapple chunks
- 3 tablespoons molasses
- 2 tablespoons fresh lime juice
- 1/4 teaspoon crushed red pepper flakes
- 8 green onions, cut into 2-inch pieces
- 1/4 cup minced crystallized ginger

Heat a large wok or skillet over high heat. Add oil and when hot add pineapple and molasses and stir-fry until pineapple is brown and tender. Stir in the lime juice, red pepper flakes, green onions and oysters. Sauté until scallions are bright green and the oysters are fully cooked, about 15 minutes. Toss in ginger and serve over rice.



Oyster and Pear Skillet Supper

- 1 can (16 oz.) pear slices in juice
- 2 tablespoons vegetable oil
- 1 lb. fresh raw Mississippi oysters
 - 1/2 teaspoon salt
 - 1 cup sliced onion
- 2 cloves garlic, finely chopped
- 1/4 cup dry white wine
- 2 tablespoons soy sauce
- 2 tablespoons corn starch
- 1/2 teaspoon crushed dried thyme
- 4 cups packed spinach leaves, torn (about 5 oz.)

Drain pears, reserving 3/4 cup liquid; set aside. In large skillet, heat oil over medium-high heat until hot. Add onion and garlic to skillet; cook and stir 3 to 5 minutes or until onion is crisp-tender.

In small bowl, combine reserved pear liquid, wine, soy sauce, cornstarch and thyme; mix until cornstarch is dissolved. Gradually add to vegetables in skillet; cook and stir until mixture thickens. Add oysters to pan; cover and cook 5 minutes. Add pear slices to skillet. Place spinach on top of pears and oysters in skillet; cover and cook 5 minutes or until spinach is wilted and oysters are cooked through. Serve at once.



Pepper and Pineapple Oyster Stew

- 1 lb. fresh raw Mississippi oysters
- 4 carrots, sliced
- 1/2 cup oyster liquid
- 3 tablespoons teriyaki sauce
- 1 tablespoon cornstarch
- 1 can (8 oz.) pineapple chunks in juice, drained and juice reserved
- 1 green bell pepper, seeded and cut into 1 inch pieces

Mix carrots, oyster liquid and teriyaki in 3 1/2-quart slow cooker; cover and cook on low for 7-8 hours. Mix cornstarch with reserved pineapple juice; stir into carrot mixture. Stir in oysters, pineapple and green pepper. Cover and cook on high 15 minutes or until thickened and bubbly.





Quick Oyster Fajitas

- 2 cups fresh Mississippi oysters, drained
- 2 – 3 tablespoons fajita seasoning or marinade
- 1/2 onion, sliced
- 1/2 green pepper, sliced
- 4 to 6 tortillas, warmed

In a shallow bowl, toss oysters with fajita seasoning. In large non-stick skillet, over medium-high heat, stir-fry onion and green pepper until almost tender. Add oysters and cook until done and the onion and green pepper are tender. Wrap portions in flour tortillas with salsa.

Broccoli, Mushroom and Oyster Casserole

- 2 cups ziti pasta
- 1 cup nonfat milk
- 4 teaspoons flour
- 2 teaspoons minced fresh marjoram
- 3 sprigs fresh thyme, minced
- 2 tablespoons olive oil
- 1 small onion, peeled and finely chopped
- 1 cup small broccoli florets
- 1 cup mushrooms, thinly sliced
- 1/2 small red bell pepper, julienned
- 1/2 cup thinly sliced green onions
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups fresh raw Mississippi oysters
- 1/4 cup shredded Monterey Jack cheese

Prepare pasta according to package directions; rinse with cold water and drain well.

Preheat oven to 350°F. Spray a 2-quart casserole with vegetable cooking spray. Place drained pasta in casserole and set aside.

Combine milk, flour, marjoram and thyme in a small bowl and mix well; set aside.

Heat a large, nonstick skillet over medium-high heat. Add oil and sauté onion, broccoli, mushroom, bell pepper, green onion, garlic, salt and pepper for 4 minutes, stirring frequently. Add reserved milk mixture and stir until thickened, about 4 minutes; do not boil. Remove from heat and add oysters. Sprinkle oyster mixture over pasta. Sprinkle with cheese and bake uncovered for 15 minutes, or until cheese is melted and mixture is hot. Serve immediately.

Chicago-Style Oyster Pizza

- 1 package active dry yeast
- 1 tablespoon sugar
- 1 1/2 cups warm water
- 3 1/2 cups flour
- 1/2 cup cornmeal
- 1 tablespoon salt
- 3 tablespoons olive oil
- 2 teaspoons olive oil
- 1/2 lb. Mississippi oysters, cooked and chopped
- 1 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup tomato sauce
- 2 teaspoons crushed dried oregano

Combine 1/2 cup warm water (105-115°F) with the yeast and sugar in a small bowl; (remaining 1 cup will be drawn later). Allow to sit until foamy (about 5 minutes).

Meanwhile combine flour, cornmeal and salt in a large mixing bowl. Stir in first portion (3 tablespoons) of olive oil. Add yeast mixture; mix well. Slowly add remaining warm water (1 cup, 105-115°F); stir until stiff and sticky.

Turn dough onto a lightly floured board. Knead until smooth, moist and elastic (about 10 minutes). Measure 1 teaspoon olive oil into a large bowl (reserve remaining teaspoon); spread oil around surface. Place dough into bowl; cover with damp cloth. Allow to rise in a warm place until doubled in bulk (1 to 2 hours). Lightly oil four 10-inch round cake pans with remaining 1 teaspoon oil (1/4-teaspoon per pan); set aside.


Later punch dough down; turn onto a lightly floured surface. Cut into four pieces. Gently knead each into a ball.

Preheat oven to 500°F. On a floured surface flatten pizza dough balls with palm of hand. Place one ball into each pan; gently stretch dough to edges, building up edges to hold filling. Cover pans with a damp cloth; allow to rest (about 15 minutes).



Combine cheeses in a small bowl. Take 1/2 of cheese mixture from bowl; scatter that amount evenly among the 4 pizzas, leaving crust edges bare. Top each pizza with oysters and tomato sauce. Season each with oregano; sprinkle each with remaining cheese mix.

Bake 15 minutes. Reduce heat to 400°F; bake 10 additional minutes, until crusts are brown and cheese is bubbly and golden. Cool slightly and serve in pan



Grilled Oysters with Minty Yogurt Sauce

- 1 lb. fresh raw Mississippi oysters
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 container (8-oz.) plain yogurt
- 2/3 cup chopped fresh mint leaves
- 3 cloves, large garlic, crushed
- 1 tablespoon lime juice
- 1 teaspoon grated fresh gingerroot
- 2 limes, sliced

Season oysters with salt and pepper. Place in a non-reactive (glass, plastic or stainless steel) dish and set aside.

In a small bowl, combine yogurt, mint leaves, garlic, lime juice and ginger. Mix well and set aside about 1/4 of the marinade. Pour the remainder over the oysters. Turn to coat evenly. Marinate for several hours or overnight.

Preheat grill.

Lightly oil rack before cooking. Remove oysters from marinade and grill until thoroughly cooked, until edges curl. Baste occasionally with reserved marinade. Serve warm with limes as garnish.

Broccoli and Oyster Pasta with Creamy Spiced Tomato Sauce

- 1 package (12 oz.) dried pasta spirals
- 1 lb. broccoli florets
- 3 cups fresh raw Mississippi oysters
- 3/4 lb. tomatoes, chopped
- 3/4 cup light sour cream
- 3/4 cup plain nonfat yogurt
- 1/2 cup chopped black olives
- 1/4 cup chopped fresh cilantro
- 1 tablespoon chili powder
- 2 teaspoons crushed dried oregano
- 3 cloves garlic, peeled and minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese

Prepare the pasta according to package directions, adding the broccoli and oysters for the last 4 minutes. Drain; set aside.

In a medium saucepan, combine tomatoes, sour cream, yogurt, olives, cilantro, chili powder, oregano, garlic, salt and pepper. Cook over medium heat for 15 minutes, stirring frequently.

Toss pasta with sauce and sprinkle with Parmesan. Serve immediately in warmed bowls.

Oyster Pasta with Sun-Dried Tomatoes and Broccoli

- 8 oz. penne pasta
- 2 cups broccoli floret
- 2 cups fresh raw Mississippi oysters
- 1 4-oz. jar sun-dried tomatoes in oil, drained of half the oil and chopped
- 1 lemon, juiced
- 1/2 teaspoon garlic salt
- 1/2 cup Parmesan cheese, grated
- 1/4 cup basil, chopped
- 1/8 teaspoon ground black pepper

Bring a large pot of salted water to a boil. Add the penne and cook 5 minutes. Add the broccoli and oysters and continue cooking until the penne and broccoli are tender and the oysters have curled, about 5 more minutes.

Drain and put in a serving bowl; immediately add sun-dried tomatoes, lemon juice and garlic salt; toss to mix. Add Parmesan cheese, black pepper and basil; toss and serve.



Spaghetti and Oysters in Roasted Garlic Sauce

- 6 large cloves garlic
- 1 tablespoon oyster liquid
- 8 oz. spaghetti pasta
- 4 oz. evaporated milk
- 2 tablespoons cornstarch
- 1 lb. fresh raw Mississippi oysters
- 1 1/2 cups oyster liquid, divided
- 1 cup sliced mushrooms
- 2 tablespoons thinly sliced green onion
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon chopped fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons nonfat sour cream

Preheat oven to 350°F.

Place unpeeled garlic cloves on a piece of aluminum foil. Drizzle with 1 tablespoon oyster liquid and wrap tightly. Bake in oven until tender, about 45 minutes. When cool enough to handle, squeeze pulp from cloves, mash and set aside.

When garlic is done, cook spaghetti according to package directions; drain.

Dissolve cornstarch in evaporated milk in a small bowl and set aside.

Heat a large, nonstick skillet over medium-high heat. Add 1/2 cup oyster liquid, mushrooms, green onions and red pepper flakes and simmer over high heat until liquid evaporates, about 7 minutes. Add oysters to skillet along with remaining oyster liquid, roasted garlic, sage, salt and pepper; bring to a boil, reduce heat and simmer for 4 to 5 more minutes. Stir in reserved cornstarch mixture, simmer until slightly thickened, about 3 minutes. Whisk in sour cream. Toss with spaghetti and serve immediately.

Spinach with Ginger Oysters and Shiitake Mushrooms

- 1 oz. dried shiitake mushrooms
- 2 cups hot water
- 3 cups fresh raw Mississippi oysters
- 1 1/2 lb. fresh spinach
- 2 teaspoons peanut oil
- 1/2 yellow onion, chopped
- 1 tablespoon fresh ginger, grated
- 2 teaspoons lite soy sauce
- 2 teaspoons arrowroot powder

Soak mushrooms in 2 cups hot water for 30 minutes. Rinse mushrooms under a thin stream of cold, running water, rubbing to remove any grit lodged in membranes under caps. Squeeze mushrooms gently to remove excess liquid. Discard mushrooms stems. Sliver caps. Set aside.

Strain soaking liquid through a paper coffee filter. Set aside 1/3 cup for this recipe. Refrigerate remainder for another use. Carefully wash spinach, discarding stems. Set wet leaves aside.

In a heavy-bottomed skillet or wok with a tight-fitting lid, heat oil for a minute or so over medium-high heat, add onion and ginger. Stir to combine. Sauté for about 3 minutes, stirring almost constantly, until onion begins to wilt. Add reserved mushrooms, oysters and spinach leaves and immediately cover pan. Reduce heat to medium and cook 4 minutes.

Meanwhile, combine soy sauce and arrowroot with 1/3 cup mushroom liquid. Stir to dissolve arrowroot. When spinach is cooked, turn off heat and remove lid. Immediately stir arrowroot mixture into pan. Continue stirring gently to coat spinach; a thick sauce will develop. Serve very hot.

Tofu Spinach Oyster Dip

- 1 package (8-oz.) firm tofu, drained
- 1 cup water
- 1/4 cup reduced-calorie mayonnaise
- 1 tablespoon lemon juice
- 1 cup cooked, chopped Mississippi oysters
- 1 package (10-oz.) frozen chopped spinach, thawed and squeezed dry
- 1 package dried vegetable soup mix
- 1/4 cup chopped green onion
- 1/4 teaspoon garlic powder

In a blender, combine tofu, water, mayonnaise and lemon juice; blend until smooth. Transfer to a medium bowl.

Add oysters, spinach, soup mix, green onion and garlic powder; mix well. Refrigerate several hours or preferably overnight.



Smoky Citrus Oyster Kabobs

- 1 lb. fresh raw Mississippi oysters
- 6 (10-in.) skewers
- 1/3 cup smokey barbecue sauce
- 1/3 cup orange marmalade
- 2 tablespoons horseradish

Preheat grill.

Thread oysters onto skewers (if using bamboo skewers, soak in water 30 minutes before using to prevent burning).

In a bowl stir together barbecue sauce, orange marmalade and horseradish; mix well.

Place skewers on a lightly oiled grill and cook, basting frequently and turning often, about 8 to 12 minutes. Serve immediately.



Oyster, Ham and Cheese Quicheter Dip

- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1 cup half-and-half
- 3 eggs
- 2 slices Swiss cheese
- 1 recipe pastry for a 9 inch single crust pie
- 1/2 cup chopped fresh spinach
- 1/2 cup canned mushrooms
- 1 cup fresh raw Mississippi oysters
- 1 (4.5 ounce) can ham, flaked
- 1/2 cup shredded cheddar cheese

Preheat oven to 350°. Beat together flour, salt, half-and-half and eggs in a medium bowl. Place Swiss cheese flat in the pie crust. Arrange spinach evenly over Swiss cheese, then cover with mushrooms and oysters. Pour the flour and eggs mixture over mushrooms. Cover with flaked ham and top with cheddar cheese. Bake in the preheated oven 45 to 55 minutes, until surface is golden brown.



Creole Oysters with Rice

- 3 tablespoons butter
- 1 lb. fresh raw Mississippi oysters
- 1 package (16-oz.) frozen peas and carrots
- 1 teaspoon paprika
- 1/2 teaspoon crushed dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic salt
- 1/4 teaspoon cayenne pepper
- 1/2 cup oyster liquid
- 2 tablespoons tomato paste
- 2 cups cooked rice

In a large skillet, melt butter over medium heat. Add frozen vegetables and cook until thoroughly heated. Add paprika, oregano, thyme, garlic salt, and cayenne pepper and stir to coat. Dissolve the tomato paste in the chicken broth. Pour in skillet along with cooked rice. Add oysters. Stir well and cook until thoroughly heated and oyster edges curl. Serve immediately.

Low-Fat Southwestern Oyster Dip

- 16 oz. fat free cream cheese with garden vegetables
- 1 cup cooked, chopped, Mississippi oysters
- 1 can (15-oz) black beans, drained
- 1 jar (16-oz.) thick and chunky medium salsa
- 1/2 cup red bell pepper, seeded and diced
- 1/2 cup green onion, chopped

Spread cream cheese into an 8-inch serving plate.

In a medium bowl combine oysters, black beans and salsa. Spoon over cream cheese. Place small circle of red peppers on top of this mixture in the center of the plate. Encircle the red peppers with the green onions. Keep refrigerated until ready to serve. Serve with tortilla chips or crackers.





Oyster Spinach Stuffed Shells

- 24 jumbo pasta shells
- 2 tablespoons butter
- 2 cups fresh raw Mississippi oysters
- 1/2 cup chopped peeled onion
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/4 teaspoon ground black pepper
- 16 oz. nonfat cottage cheese
- 1 box 10-oz. frozen chopped spinach, thawed and well-drained
- 4 oz. egg substitute
- 15 1/4 oz. spaghetti sauce, divided

Preheat oven to 350°F.

Prepare pasta according to package instructions; set aside.

In a large preheated skillet, melt butter and sauté onion, garlic, Italian seasoning and pepper until tender. Remove from heat; stir in oysters, cottage cheese, spinach and egg substitute.

Divide mixture evenly into cooked shells. Spread 1/2 cup spaghetti sauce in bottom of 13x9x2-inch baking pan; arrange shells over sauce. Top with remaining sauce and cover with foil. Bake 30 minutes, until hot and bubbly. Serve hot.



Baked Oyster Quesadillas

- 1 container (8-oz.) nonfat cottage cheese
- 1/3 cup grated Monterey Jack cheese
- 2 cups fresh raw Mississippi oysters
- 8 (8-in.) corn tortillas
- 1 cup salsa

Preheat oven to 450°F.

Process cottage cheese and Monterey Jack cheese in a blender or food processor until smooth. Stir in oysters. Spread 2 tablespoons of cheese mixture onto 1/2 of the tortillas. Top with remaining tortillas. Cut into quarters and transfer to baking sheets. Bake for 10 to 12 minutes, or until they begin to brown and edges start to curl. Remove from oven and transfer to platter or serving dishes. Serve immediately with salsa.

Oyster Stuffed Red Peppers

- 4 red bell peppers, halved lengthwise, seeded
- 2 tablespoons olive oil
- 1 small onion, diced
- 4 garlic cloves, minced
- 1 large tomato, chopped
- 2 cups corn kernels
- 1/4 cup chopped black olives
- 2 tablespoons chopped fresh basil
- 2 cups fresh raw Mississippi oysters
- 1 cup ricotta cheese
- 1/8 teaspoon coarse salt
- 1/8 teaspoon ground black pepper
- 1/2 cup shredded mozzarella
- 4 large basil leaves, cut in half

Preheat oven to 350°F.

Drop pepper halves into boiling, salted water and cook 5 minutes; drain and set aside.

In a large skillet, heat oil over medium-high heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook 30 seconds longer. Stir in tomato, corn, olives, and basil. Cook 5 minutes, stirring once or twice. Remove from heat and stir in oysters and ricotta cheese. Season to taste with salt and pepper.

Stuff mixture into prepared pepper halves and arrange in a greased 13x9x2-inch baking dish. Cover with foil and bake 15 minutes. Remove cover, sprinkle with mozzarella, and bake 5 minutes longer. Garnish each with a basil leaf.



Oyster Wraps

- 2 dozen fried Mississippi oysters
- 4 flour tortilla wraps
- 1 cup shredded lettuce
- 1 cup chopped tomatoes
- 1 cup ranch dressing
- 1 cup finely shredded cheese
- 1 cup buffalo sauce

Fry oysters in your favorite batter. Lay about 4 or 5 on a tortilla wrap. Layer with lettuce, tomatoes, cheese and ranch dressing. Wrap. Dip in buffalo sauce.

Banana Fried Oysters

- 1/2 lb. banana chips, ground to a fine powder
- 2 teaspoons black pepper, ground
- Mississippi oysters soaked in pineapple juice
- 1/4 lb. yellow corn flour
- 1/4 lb. corn meal

Combine banana chips, pepper, corn flour and corn meal. Dip oysters in mixture. Fry.



Oyster Spinach Dress-Up

- 1 package (10-oz) frozen chopped spinach
- 1 cup cooked oysters
- 1 can (10-oz) bean sprouts, drained
- 2 cans (4-oz) sliced mushrooms, undrained

Cook spinach according to package directions; drain.
Stir in oysters, bean sprouts and mushrooms. Heat thoroughly and serve.



Oyster and Vegetable Stuffed Mushrooms

- 1 lb. large mushrooms
- 1 lb. fresh raw Mississippi oysters
- 1 tablespoon margarine
- 1/2 cup chopped green onion
- 1 celery rib, chopped
- 1 tomato, chopped
- 1/2 teaspoon crushed, dried marjoram
- 1/8 teaspoon ground black pepper
- 1 tablespoon soft bread crumbs
- 1 tablespoon chopped fresh parsley

Preheat oven to 400°F.

Wipe mushrooms with a damp cloth or mushroom brush and twist off stems. Set the caps aside and finely chop stems.

In a heavy frying pan over medium heat, melt margarine. Add green onions, celery and mushroom stems. Cook until vegetables are soft, about 5 minutes.

Add tomato, marjoram and pepper and cook covered for another 5 minutes. Stir in bread crumbs and parsley. Remove from heat. Stir in oysters.

Arrange mushroom caps in a single layer in a 13x9x2-inch baking dish and mound bread crumb mixture onto each. Bake uncovered for 15 to 20 minutes, or until lightly browned.

Super Bowl Jambalaya

- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 1/4 pound smoked ham, cubed
- 1/2 pound andouille sausage or kielbasa, chopped
- 3 cloves garlic, minced
- 1 large onion, chopped
- Two 16-ounce cans stewed tomatoes
- 1 large green bell pepper, chopped
- 3 to 4 ribs celery, chopped
- 2 pounds fresh raw Mississippi oysters
- 3 whole bay leaves
- 1/2 teaspoon cayenne pepper (or more to taste)
- 3/4 teaspoon dried thyme
- 2 cups oyster liquid
- 2 cups uncooked white rice
- 2 pounds small shrimp, peeled and deveined
- Salt to taste

Melt the butter in the oil in a large skillet. Sauté the ham and sausages until crisp, about 6 minutes. Add the garlic and onion and cook an additional 2 minutes.

Add the tomatoes to the skillet with the green pepper and celery. Season with bay leaves, cayenne pepper, and thyme. Stir and reduce the heat to a simmer.

Meanwhile, in a separate pan, bring the oyster liquid to a boil, add the rice, and cook over medium heat for 5 minutes.

Mix the rice and stock into the main ingredients. Add the shrimp and salt if desired. Cover the skillet and simmer on top of the stove approximately 20 minutes, or until the rice is tender. If there is too much liquid, remove the cover for the last 10 minutes of cooking. Add oysters for the last 10 minutes of cooking. Remove bay leaves.



Mississippi Oyster Spaghetti

- 1 (16 oz) package uncooked angel hair pasta
- 3 tablespoons olive oil
- 2 cups fresh raw Mississippi oysters
- 2 tablespoons chopped garlic
- 2 tablespoons dried basil
- 2 tablespoons Cajun-style blackened seasoning
- salt and pepper to taste
- 10 roma (plum) tomatoes, diced
- 2/3 cup crumbled feta cheese

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 5 to 8 minutes or until al dente. Drain.

Heat olive oil in a large skillet over medium heat. Stir in the garlic, basil, Cajun seasoning, salt, and pepper, then mix in the tomatoes. Stir in oysters. Cook until tomatoes are semi soft, and oyster edges curl. Toss with pasta, and serve with crumbled feta cheese on top.

Seafood Enchiladas

- 1 onion, chopped
- 1 tablespoon butter
- 1/2 lb. fresh raw Mississippi oysters
- 1/2 lb. fresh crabmeat
- 1/4 lb. shrimp – peeled, deveined and coarsely chopped
- 8 oz. Colby cheese
- 1 cup half-and-half cream
- 1/2 cup sour cream
- 1/4 cup butter, melted
- 1 1/2 teaspoons dried parsley
- 1/2 teaspoon garlic salt
- 6 (10 inch) flour tortillas

Preheat oven to 350°.

In a large skillet, saute onions in 1 tablespoon butter until transparent. Remove the skillet from heat, and stir in oysters, crabmeat and shrimp. Mix in 1 cup shredded cheese. Place a large spoonful of the mixture into each tortilla. Roll the tortillas up around the mixture, and arrange the rolled tortillas in a 9x13 inch baking dish.

In saucepan, combine half and half, sour cream, 1/4 cup butter, parsley and garlic salt. Stir until the mixture is lukewarm and blended. Pour this sauce over the enchiladas, and sprinkle with remaining cheese.

Bake in preheated oven for 30 minutes.



Quick and Easy Oyster Casserole

- 1 cup butter, melted
- 1/2 (16 oz) package saltine crackers, crushed
- 2 (8 oz) can oysters
- 1 1/2 tablespoons heavy whipping cream
- 1 teaspoon Worcestershire sauce
- 2 (14.75 oz) cans cream-style corn

Preheat oven to 425 degrees F (220 degrees C). Grease a 9x13 inch casserole dish. Drain the oysters, reserving juice.

In a small mixing bowl combine margarine and crushed saltine crackers. Cut the oysters into small pieces, set aside. In a small mixing bowl combine cream, oyster juice and Worcestershire sauce.

Spread one can of corn onto the bottom of the casserole dish. Layer 1/2 of the oysters over the corn, 1/2 of the cracker mixture. Repeat layering with remaining ingredients. Pour the oyster juice mixture over the top of the entire casserole. Cover the casserole dish with aluminum foil.

Bake casserole for 20 minutes. Remove foil and bake an additional 30 minutes.



Pineapple Mango Salsa over Grilled Oysters

- 1 cup diced pineapple
- 3/4 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup diced fresh mango
- 1/2 cup Mango Chutney Refrigerated All Nectar
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon grated lime peel
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1 lb. fresh raw Mississippi oysters

Combine pineapple, bell pepper, onion, mango, nectar, cilantro, lime peel, crushed red pepper, cumin and cinnamon in medium bowl; cover. Marinate in refrigerator for 1 hour. Bring to room temperature.

Grill or broil oysters for 3 to 5 minutes on each side or until oyster edges curl. Serve salsa over oysters.

Smoked Oyster Pate'

- 1 cup smoked Mississippi oysters (chopped)
- 1 8 oz pkg cream cheese (reg, lowfat, or fatfree)
- 1 tbsp lemon juice
- 2 tbsp grated onion
- 1 tsp prepared horseradish
- 1/4 tsp salt
- 1/2 cup chopped pecans
- 3 tbsp cilantro (chopped)

Combine: cheese, oysters, lemon onion, horseradish, Salt, 1 tbsp cilantro

Chill 2-3hr. Shape into ball or log

Combine: pecans and 2 tbsp cilantro

Topped with MS pecans and chopped bacon served with toasted points.



Smoked Oysters

Full sack about 300 oysters

Shucked

Washed

Placed in smoker 150-200° F

3 1/2 hours

Conditions: Oyster are plump, a little milky, fresh, low salt.

Oyster were then packed (50/pk) with salt water 10ppt and frozen 20° F in kitchen refrigerator/freezer.



Smoked Oysters Wrapped with Smoked Salmon

Smoked salmon stuffed with smoked Mississippi oysters topped with sour cream and capers, served with rings of MS sweet onions.



Smoked Oyster Cocktail

Smoked oysters served on a bed of lettuce, topped with cocktail sauce* and fresh chopped bacon.

* 50% ketchup & 50% horseradish

Cooking & Safety

Oysters are good to eat all year long, but are in best condition and most tasty in the fall, winter and early spring. Raw oysters have a protein content of about 9 percent and a fat content of less than 2 percent. One-half pound of raw oysters contains about 150 calories. The cholesterol content of oysters is 50 milligrams/100 grams of meat, and the sodium content is 109 milligrams/100 grams. Oysters are also very high in iron content.

Consumer Information Message

As in the case with consuming other raw animal protein products, there is a risk associated with consuming raw oysters, clams and mussels. If you suffer from chronic illness of the liver, stomach, or blood, or have immune disorders, do not eat these products raw.

Once an oyster has been removed from its shell (shucked), the meat can be completely consumed. It is one of the few meats that can be eaten raw. Oysters harvested from approved waters, packed under sanitary conditions and properly refrigerated are usually safe for raw consumption by healthy individuals.

Vibrio vulnificus is found naturally in coastal waters. *Vibrio vulnificus* is NOT a result of pollution. However, for some people with certain health conditions, eating raw or undercooked oysters or clams can cause serious illness or even death from *Vibrio vulnificus*.

Cooking oysters to an internal temperature of 140°F or greater 4 - 6 minutes destroys the common microorganisms of public health concern. This Coast cuisine can be eaten on the half-shell, fried, smoked, baked, roasted, broiled, sautéed, poached and steamed, and can be found in stew, soup, gumbo, dressing and seafood casseroles and on the menus of most local seafood restaurants.

For more information about cooking and safety, please visit the Interstate Shellfish Sanitation Conference Web site at www.issc.org.



Cooking Tips

In The Shell

Cook live oysters or clams in small pots so those in the middle are cooked thoroughly

Boiling: After the shells open, boil live oysters or clams for another 3-5 minutes.

Steaming: In a pot that is already steaming, cook live oysters or clams for another 4-9 minutes.

Shucked Oysters

Boil or Simmer for at least 3 minutes or until edges curl

Fry at 375°F for at least 3 minutes

Broil 3 inches from heat for 3 minutes

Bake at 450°F for 10 minutes



Oyster Dealers

Ocean Springs Seafood
400 Beach Drive Ocean Springs
(228) 875-0104

Gulfport Purchasing
411 West Pier Gulfport
(228) 864-5257

Gulfport Quickfreeze
1411 28th Ave. Gulfport
(228) 864-2982

Kulji Point Cadet Seafood
108 Myrtle Street Biloxi
(228) 374-4744

Market

Long Beach Seafood
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(228) 863-4110

D.L. Pettis and Son Seafood
9400 Pettis Road Moss Point
(228) 475-8678/3492

Shop

C.F. Gollott and Son Seafood
9357 Central Avenue D'Iberville
(228) 392-2747

Bennett, Inc.
1717 City Road N. Ripley
(662) 837-7451

Desporte and Son Seafood
1075 Division Street Biloxi
(228) 435-2175

Mississippi Seafood Exchange
795 East McDowell Road Jackson
(601) 948-8505

Quality Foods, Inc.
1800 Simpson Hwy 49 N Magee
(601) 849-3000

Sea Queen Brand
544 City Road Perkinston
(601) 928-4556

Sinclair Fish and Seafood
5990 Hwy 79 N Paris
(731) 644-9720

Sysco of Jackson
4400 Milwaukee Street Jackson
(601) 354-1701

U.S. Food Service
1125 Weems Street Pearl
(601) 939-9433

3-D Seafood r
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B & W Seafood
27055 Bradley Road Pass Christian
(228) 860-4207

Bayou Caddy Fisheries
5200 Shipyard Road Lakeshore
(228) 467-4332

Blackie's Oysters
13871 Shell Belt Road Bayou La
Batre (251) 455-0811

Jerry Forte Seafood
South Market Street Pass Christian
(228) 452-2681

North Bay Seafood
9419 Central Avenue D'Iberville
(228) 392-8573

Pass Purchasing Seafood
South Market Street Pass Christian
(228) 452-9604

Quality Poultry and Seafood
312 Caillavet Street Biloxi
(228) 432-5216

R&S Seafood
4411 Nicholl Drive Mobile
(251) 666-4501

Seymour & Son's Seafood
3201 St. Charles Street D'Iberville
(228) 392-4020

Terry's Seafood
5122 Shipyard Road Lakeshore
(228) 467-2023

The Merchants Company
870 Boling Street Jackson
(601) 353-2461

Bradford's Oyster Company
225 West North Street Pass Christian
(228) 452-2577

Carmel Seafood
5268 Lakeshore Road Bay St. Louis
(228) 467-9188

Crystal Seas Seafood
166 West North Street Pass Christian
(228) 452-2722

David Gollott Seafood
260 Maple Street Biloxi
(228) 374-2555

Fournier & Son's Seafood
9391 Fournier Avenue D'Iberville
(228) 392-4293

Hopper Seafood
3701 Grand Bature Road Moss Point
(228) 475-3850

J & R Seafood
707 Telly Road Picayune, MS
(601) 347-6586

J & W Seafood
384 Crawford Street Biloxi
(228) 432-7188

Mid South Quality Oysters
5355 Jernigan Road Leakesville
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542 East Bayview Ave. Biloxi
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Recipe Notes

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