

**c 2008 By Sigrid Shepard OYSTER MADNESS
OREGON OR NELSON RAW OYSTER COCKTAIL**

I thought the only place you could get fresh oysters was on the coast. Some springs to escape the Kootenay snow we go to the Oregon Coast to our favorite moth-collecting site near Brookings Oregon and eat oysters to our hearts content. Fresh picked that day and ready for raw. I developed Oregon Coast Raw Oyster Sauce from what I had in the camper and turned out just right for raw oysters. Yes we travel with organic limes and catsup. There is a great organic co-op in Eugene, Oregon that we hit before going to the coast. Much to my surprise you can have an oyster feast in Nelson from The Oyster Man who brings fresh oysters from his Cortes Island oyster farm twice a month. Organic limes and preservative free sauces are found at the Kootenay Co-op or Evergreen at the Slocan junction.

OREGON COAST RAW OYSTERS WITH PARSLEY TOMATO SAUCE (prep 5 minutes) serves 2 pigs or 4 people

12 small raw oysters in shell or 12 small raw oysters

Scrub shells well with stiff brush. Rinse in cold running water. Use strong short knife. Insert point into back hinge of oyster. Cut along hinge to cut oyster muscle. Twist and pry open. Remove top shell. Place oysters in shell on bed of ice.

1 clove garlic, chop
dash unbleached rock salt

Place in mortar and pestle. Crush garlic to paste (garlic just melts with salt).

2 Tbsp. red onion, mince

Add onions to garlic, crush slightly with pestle.

1/2 large tomato, cut in half through the centre,
squeeze out seeds, mince fine

Add tomatoes to garlic. Crush slightly with pestle

1 tsp. capers, mince
5 sprigs parsley, mince
1 tsp. lemon thyme leaves, mince (optional)
2 Tbsp. .Muir Glenn organic tomato catsup
1/4 to 1/2 tsp. Bulliard's Louisiana hot sauce
1/2 tsp. Pickapeppa sauce or Worcestershire sauce
juice of 1/2 organic lime

Mix ingredients well. Do not blend or sauce will be too thin. Dot oysters with 1 to 2 Tbsp. sauce. Eat. Sauce is also good with baked oysters.

MOM'S OYSTER STEW (prep 10 minutes, cook 3 to 5 minutes) serves 4 to 6

1/4 onion, cut in thin lengthwise slices, mince
1 small clove garlic, crush and mince
1 Tbsp. light butter

Place butter in heavy bottom stainless steel saucepan. Melt over medium high heat. Add onions and garlic. Stir and fry 1 minute.

4 cups milk
1/2 cup half and half

Place in glass measuring cup. Mix. Heat in microwave 4 minutes. Stir and pour slowly into saucepan.

24 small raw oysters in shell or frozen oysters in shell
cut oysters in half across centre

Scrub shells well with stiff brush. Rinse in cold running water. Use strong short knife. Insert point into back hinge of oyster. Cut along hinge to cut oyster muscle. Twist and pry open. Remove top shell. Remove from shell. Drain oysters in sieve over bowl. Add oysters to milk. Cook 3 to 5 minutes until oysters float.

NEVER BOIL SOUP OR STEW. MILK WILL SEPARATE AND OYSTERS WILL BE OVERCOOKED

1/2 cup dry white wine
sea salt to taste
fresh ground white pepper to taste
1 Tbsp. light butter
5 sprigs parsley, mince

Add to soup. Mix. Heat 1 minute. Serve with small cheese puffs or herb toast.

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BREADED BAKED OYSTERS WITH LEMON THYME (prep 10 minutes , bake 10 minutes) serves 6

1 thick slice day old Italian Bread, process to crumbs
1 clove garlic, crush and mince
1 to 2 tsp. lemon thyme leaves, crumble
2 to 3 sprigs parsley, mince
1 tsp. chives, mince (optional) 2 Tbsp. extra virgin olive oil

Pulse and process bread to crumbs. Add herb. Pulse to mix. Add oil. Pulse to mix. Bake at 350°F for 5 to 10 minutes until just brown.

1 egg
2 Tbsp. milk
1/2 tsp. soy sauce
1/2 to 1 tsp. Bulliard's Louisiana hot sauce

Whisk ingredients well. Place in shallow bowl.

1 cup whole wheat pastry flour or unbleached white flour or brown rice flour
sea salt to taste
1/2 to 1 tsp. Hungarian paprika

Place in shallow dish. Mix well.

24 large oysters
1/4 cup olive oil
1 organic lemon, zest, cut in 8 wedges

Place oil in bottom of 9 inch square metal cake pan. Dip each oyster in flour then egg mixture and then roll in seasoned bread crumbs. Dip on both sides in oil in pan.. Place close together. Repeat for all oysters. Spray top with eco-pump so browns well. Bake at 350°F for 15 to 20 minutes until crisp and brown but not overdone. Serve hot with lemon wedges. Also good cold the next day for lunch for a real oyster lover.

CHINESE OYSTER PANCAKES (prep 10 minutes, fry 2 minutes) serves 6

9 large oysters or 15 small oysters

Scrub shells well with stiff brush. Rinse in cold running water. Use strong short knife. Insert point into back hinge of oyster. Cut along hinge to cut oyster muscle. Twist and pry open. Remove from shell. Chop coarsely. Drain in bowl over sieve. Save oyster juice.

1/2 inch bundle Chinese garlic chives, mince or 4 green onions, mince

Add to oysters. Mix gently.

4 eggs, whisk to mix
sea salt to taste
1 tsp. soy sauce
1/4 cup oyster juice
fresh ground white pepper to taste

Mix ingredients well. Do not froth eggs. Add oysters and onions.

3 Tbsp. whole wheat pastry flour
1 Tbsp. tapioca flour
1/2 tsp. baking powder

Mix ingredients well. Sprinkle over egg mixture a small amount at a time. Stir gently to remove any lumps each time.

ecopump of canola oil

Use a Swedish pancake pan. Mist each 2 inch circle with oil. Spoon batter into each circle or make 2 inch circle pancakes in large heavy cast-iron skillet. Fry 1 to 2 minutes until just brown. Turn. Fry 1 minute to brown. Keep warm on rack in 200°F oven. Oil pan each time fry pancakes.

sauce:

1/4 cup brown rice vinegar
2 Tbsp. sulfite free balsamic vinegar
1 to 2 tsp. Bulliard's Louisiana hot sauce

Mix ingredients well. Serve with pancakes in place of sweet syrup. Dot on each pancake and spread with spoon. Good cold next day for lunch.