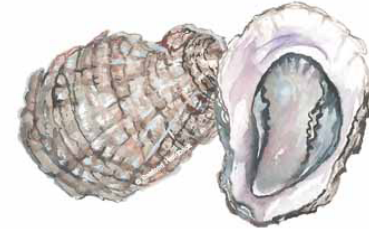




CATANESE CLASSIC SEAFOOD OYSTER, EASTERN

Two thirds of the national oyster harvest is Eastern oysters. While Pacific oysters are mostly cultivated, Eastern oysters are harvested mainly from wild beds in the Gulf of Mexico. They're also farmed in Long Island Sound and parts of Atlantic Canada. Because of the different conditions associated with each grow-out region – nutrients in the water, salinity levels, temperature, etc., oysters vary in taste from one area to the next and often bear the name of the region where they were grown as a means of distinguishing their individual flavor attributes. The Blue Point, for example, hails from Long Island Sound. There are also the Chincoteagues, Apalachicolas and Cape Cods, each with its own character. Oysters are harvested from brackish, shallow water with dredges or tongs. Market size is usually 3 to 4 inches.



NUTRITION FACTS

Calories	137
Fat Calories	44.1 g.
Total Fat	4.9 g.
Saturated Fat	1.5 g.
Cholesterol	105 mg.
Sodium	422 mg.
Protein	14.1 g.
Omega 3	1.2 g.

PRODUCT PROFILE

The Eastern oyster is known for its distinctive, salty flavor and meaty texture. Oyster meats, which are somewhat fatty, should be smooth with adequate liquor (store cup-side down to retain the liquor). Eastern oysters have a moderately deep, elongated, gray-white to gray-brown, rough, spoon-shaped shell with rose-colored streaks. Inside is a light-colored fringe (the gill) and creamy to light-brown meat. Cooked meat turns ivory. To test for live oysters, tap the shell; it should close. The liquid in which fresh, shucked oysters are packed should be clear.

PRIMARY PRODUCT FORMS

Live
 Fresh: Halfshell, Shucked meats
 Frozen: Whole, Halfshell, Shucked meats
 Value-added: Smoked, Canned, Breaded, Fritters

COOKING TIPS

Oysters should never be heated too quickly or too long. As soon as the mantle starts to curl, they're done. For a classic presentation, try Oysters Rockefeller – broiled in their shells on pans of salt, topped with bacon, breadcrumbs, butter and scallions. Oysters are often served on the halfshell, people in high-risk categories should avoid raw shellfish.

GLOBAL SUPPLY

Canada, France, Spain, United States

COOKING METHODS

Bake
 Boil
 Broil
 Fry
 Grill
 Pate
 Poach
 Saute
 Smoke
 Steam