



CATANESE CLASSIC SEAFOOD OYSTER, PACIFIC

The Pacific oyster is a Japanese transplant, brought to this country after the turn of the century to revitalize the West Coast oyster industry. Hearty and easy to propagate, the Pacific oyster is now the most widely cultured oyster in the world. It's farmed from California to Alaska and in Australia, Europe and Asia. Wild Pacific oysters are found from Alaska to California and in temperate waters around the world. They are nearly always, however, a farm-raised product, grown in suspended systems in bags, racks, lanterns or on ropes. The Pacific oysters are named for their region of growth. The deep-cupped, smaller Kumamoto is the Pacific oyster held in highest repute by Northwest slurpers. Northwest oyster farmers produce "all-season," sterile Pacific oysters called triploids.



NUTRITION FACTS

Calories	81
Fat Calories	20.7 g.
Total Fat	2.3 g.
Saturated Fat	0.5 g.
Cholesterol	50 mg.
Sodium	106 mg.
Protein	9.5 g.
Omega 3	0.7 g.

PRODUCT PROFILE

Pacific Northwest oysters are mild & sweet, with a briny flavor and crisp texture. California's have a slightly stronger taste. Oyster species flavor depends on the waters in which it is grown. The deeply cupped, elongated shell is curly, thick and silvery gray to gold. Meat is creamy white, sometimes with a dark fringe around the mantle. Shell and meat colors vary by region and season. Oyster meats should be plump and juicy. Dramatic meat discoloration suggests poor quality, but slight shades of pink, green or black may reflect diet and regional conditions. To test if an oyster's alive, tap on the shell, the shell will close. A dead oyster smells like sulfur.

COOKING TIPS

For a special dipping sauce, mix 1/4 cup soy sauce, 4 teaspoons of apple cider, 2 teaspoons of Japanese hot red pepper, 1 teaspoon of toasted white sesame seeds, 2 teaspoons of sugar and 1 finely chopped green onion. Try them on the grill. They're done when the shell opens. With any method, cook just till the meat plumps or the mantle curls.

PRIMARY PRODUCT FORMS

Live: Singles or clusters ("clumps")
 Fresh: Halfshell, Shucked meats
 Frozen: Whole, Halfshell, Shucked meats
 Value-added: Canned meats (soups and stews),
 Smoked meats, Breaded (frozen), Entrées (frozen)

GLOBAL SUPPLY

Australia, Canada, Chile, France, Greece, Italy, Japan, Korea, New Zealand, Spain, United States, UK

COOKING METHODS

Bake Boil Broil Fry Grill
 Pate Poach Saute Smoke Steam