



June 10, 2015

## Oysters: The Pearls of the Sea and the Star of your Barbeque

Most of us know oysters as a type of clam, but there's more to these pearls of the sea than meets the eye. The oyster's history as a delicatessen dates back to the Roman Empire, when Emperors bought them by their weight in gold, but they also have a long-lived history as a love potion. As the legend goes, those who ate them together would fall madly in love. Folklore aside, oysters are a mouthwatering delicacy that makes for a great appetizer or main course year-round.

When purchasing your oysters always ensure they are as fresh as possible and that you store them in the refrigerator prior to cooking. Oysters will taste the best the day you buy them, so we recommend cooking them right away.

When preparing oysters, make sure you leave extra time to clean and shuck them correctly ensuring that you leave no grit behind. For guidance on shucking an oyster, visit our YouTube Channel: [www.youtube.com/TheBlueFlameKitchen](http://www.youtube.com/TheBlueFlameKitchen).

As far as cooking goes, oysters can be cooked in a variety of ways and one of our favourite ways is on the barbecue. The heat of the barbecue cooks them quickly and gives them a nice smoky flavour.

Our Asian-Inspired Grilled Oysters offer the perfect blend of sweet and savoury with a little bit of heat from the Sriracha Sauce. This dish is simple to make and cooks rather quickly so you and your guests will be enjoying them in no time.

If you're feeling like a more traditional oyster dish, try our Barbecued Oysters. They are bathed in a rich tomato chili sauce, soy sauce, fresh lime juice and then topped with fresh cilantro.

Try serving one of these dishes at your next party!

### ASIAN-INSPIRED GRILLED OYSTERS

2 tbsp soy sauce  
1 tbsp mirin (rice wine) or liquid honey  
1 clove garlic, finely chopped  
1 tsp finely chopped lemon grass stalk  
1 tsp grated fresh ginger  
1 tsp sesame oil  
1/4 tsp Sriracha sauce  
12 large fresh oysters in the shell, rinsed and scrubbed  
1/2 lime

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Chopped fresh cilantro

1. Combine soy sauce, mirin, garlic, lemon grass, ginger, oil and Sriracha sauce; set aside.
2. Discard any oysters that are not tightly closed.
3. For each oyster, hold oyster, flat side up, with a folded towel. Place tip of an oyster knife near hinge at pointed end of shell. Carefully twist and push knife to bore into shell until it pops open. If shell crumbles, move knife a little further along side of shell and try again. Brush off any crumbled bits of shell.
4. Using a sharp knife, carefully loosen oyster meat from top shell while removing top shell; discard top shell.
5. Spoon about 1/2 tsp of soy sauce mixture onto each oyster; set remaining soy sauce mixture aside.
6. Place oysters on barbecue grid on natural gas barbecue. With lid down, cook oysters over high heat until juices are bubbly and oysters are cooked through, about 4 - 6 minutes. Do not overcook. Remove from heat.
7. Spoon remaining soy sauce mixture onto oysters, dividing equally. Squeeze lime half over oysters. Sprinkle with cilantro.
8. Serve oysters on their shells. Serves 4 as a starter.

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## BARBECUED OYSTERS

- 1/4 cup (50 mL) tomato-based chili sauce
- 1 tbsp (15 mL) soy sauce
- 1 tbsp (15 mL) fresh lime juice
- 1 tbsp (15 mL) chopped fresh cilantro
- Dash hot pepper sauce
- 18 oysters on the half shell

Combine all ingredients except oysters. Spoon an equal amount of chili sauce mixture onto each oyster. Place oysters directly on grid on natural gas barbecue. Cook over medium heat until juices are bubbly and oysters are cooked through, about 4 - 6 minutes. Serve oysters in the shells. Serves 6 as an appetizer or 3 as a main course.