

Raw Oysters on the Half Shell with Cucumber Mignonette

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 1-2 servings

Ingredients:

12 large West Coast oysters
 Crushed ice or wet rock salt (enough to contain the oysters once they have been shucked)
 1 cup rice wine vinegar
 1 shallot, minced
 1 1-inch piece fresh ginger, peeled and grated
 ½ hothouse cucumber, peeled and minced
 1 tablespoon sugar
 Several turns freshly ground black pepper

Method of preparation:

For the oysters:

1. Begin by shucking oysters.
2. Find a durable, thick cloth and fold it over several times to create a square; this will steady the oysters as you shuck them and also protect your hand.
3. Using the towel as a mitt, hold the oyster firmly on a flat surface.
4. Insert the tip of your oyster knife between the shell halves, and work it around one side to the other as you pry it open.
5. Using the knife, cut the muscles away from the top, flat shell, bend the shell back, and discard it.
6. Run the knife underneath the oyster to detach it completely, but leave it in its shell (take care not to cut the meat itself).
7. Nestle the oysters in a bed of crushed ice or wet rock salt to keep them steady.
8. Serve immediately.

For the cucumber mignonette sauce:

1. In a small bowl, combine the rice wine vinegar, shallots, ginger, cucumber, sugar and black pepper and mix with a fork.
2. Cover and chill for at least one hour or up to the day before you plan to serve to allow the flavors to come together.
3. Serve with raw oysters

Nutritional analysis (per serving):

Calories:	111	Carbohydrates:	11 g	Folate:	0 mcg
Total Fat:	3 g	Fiber:	0 g	Calcium:	0 mg
Saturated Fat:	1 g	Cholesterol:	0 mg	Iron:	0 mg
Protein:	10 g	Vitamin B-12:	0 mcg	Sodium:	144 mg