



Broiled Oysters with Celery Cream and Virginia Ham

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 3 stalks celery diced finely
- ☐ 1 large celery root diced peeled
- ☐ 0.5 teaspoon celery seed
- ☐ 0.5 bunch flat-leaf parsley leaves picked coarsely chopped
- ☐ 2 ounces virginia ham diced finely

- ☐ 8 ounces heavy cream
- ☐ 2 lemon zest juiced
- ☐ 36 atlantic oysters fresh or any medium large, variety
- ☐ 6 servings sea salt
- ☐ 2 ounces butter unsalted

Equipment

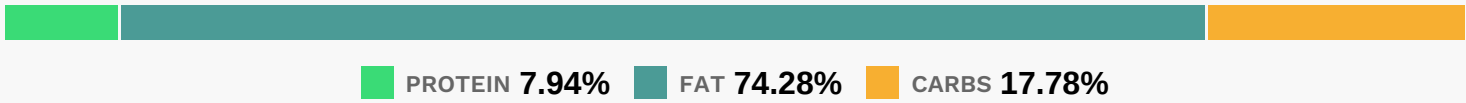
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Shuck the oysters and drain, saving the oyster liquor for the sauce and the top shells.
- ☐ In a non-corrosive saucepan, add the oyster liquor, 8 ounces of the heavy cream, the celery seed, bay leaves, parsley, lemon zest, and juice. Bring to a boil and let reduce by 1/2
- ☐ Strain through a fine sieve and return the cream mixture to the saucepan.
- ☐ Add the finely diced celery and ham and bring to a boil.
- ☐ Add the black pepper and check for saltiness, as the ham will add a great deal of salt to the mixture. If it is too salty, (hams will vary in saltiness) add a little more cream. Keep warm.
- ☐ Drain the celery root, and, in another saucepan, add the celery root. Cover with fresh, salted water and bring to a boil. Cook until tender and drain. In a food processor, add the celery root, butter, and remaining cream, and puree.
- ☐ Preheat the broiler.
- ☐ Place a 1/2 teaspoon of the celery root puree into each of the oyster shells, top with an oyster, and spoon the celery ham cream over the oysters.

- ☐
- Place the filled oysters on bed of sea salt on a sheet pan and broil in the oven for about 5 minutes or until browning and bubbly.
- ☐
- Serve at once.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:15.884347874185%

Flavonoids

Apigenin: 13.55mg, Apigenin: 13.55mg, Apigenin: 13.55mg, Apigenin: 13.55mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 275.48kcal (13.77%), Fat: 23.49g (36.14%), Saturated Fat: 14.26g (89.12%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 9.95g (3.62%), Sugar: 3.29g (3.65%), Cholesterol: 72.25mg (24.08%), Sodium: 451.75mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 130.3µg (124.09%), Zinc: 4.07mg (27.16%), Vitamin A: 1289.13IU (25.78%), Vitamin C: 18.45mg (22.37%), Phosphorus: 186.05mg (18.6%), Copper: 0.35mg (17.47%), Vitamin B12: 0.87µg (14.53%), Potassium: 488.7mg (13.96%), Vitamin B6: 0.26mg (12.78%), Manganese: 0.25mg (12.74%), Vitamin B2: 0.19mg (10.95%), Fiber: 2.69g (10.77%), Calcium: 100.44mg (10.04%), Iron: 1.72mg (9.55%), Vitamin B1: 0.13mg (8.71%), Selenium: 5.91µg (8.45%), Magnesium: 33.63mg (8.41%), Vitamin E: 1.16mg (7.73%), Vitamin B3: 1.43mg (7.13%), Folate: 26.11µg (6.53%), Vitamin B5: 0.63mg (6.26%), Vitamin D: 0.81µg (5.42%)