



John Dory Oyster Bar Oyster Pan Roast with Uni Butter Crostini

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces butter softened
- 1 pinch cayenne pepper
- 0.3 cup vermouth dry
- 0.8 cup fish stock
- 4 slices bread raw french with garlic clove toasted
- 2 garlic cloves minced
- 1 cup heavy cream

- 4 servings kosher salt
- 1.5 teaspoons juice of lemon fresh
- 0.3 cup oyster liquor reserved (this is the residual liquid from the oyster once you open the shell)
- 1 tablespoon olive oil extra-virgin
- 0.5 small onion minced
- 12 dozens oysters such as wellfleet, shucked,
- 1 pinch tarragon
- 1 ounce uni tongues (sea urchin roe)
- 1 ounce uni tongues (sea urchin roe)

Equipment

- bowl
- sauce pan
- whisk

Directions

- Watch how to make this recipe.
- In a large saucepan, heat the oil.
- Add the onion and minced garlic; cook over moderate heat until softened, 5 minutes.
- Add the vermouth; boil over moderately high heat until reduced by half, about 2 minutes.
- Add the oyster liquor and fish stock and simmer for 3 minutes.
- Add the cream and simmer over moderate heat until the sauce coats a spoon, 5 minutes.
- Remove from the heat.
- Add 1 teaspoon of the lemon juice; season with salt.
- Meanwhile whisk the uni tongues and softened butter together to make the Uni Butter.
- Add the oysters to the sauce with a little oyster liquid and butter.
- Add the tarragon and remaining lemon juice and cook over moderately low heat until warmed through, 2 minutes.
- Divide the oysters among 4 bowls, add sauce and sprinkle with the cayenne pepper.

Serve with the toasts that have been spread with the Uni Butter.

Nutrition Facts

PROTEIN 3.63% **FAT 91.44%** **CARBS 4.93%**

Properties

Glycemic Index:63.5, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:5.8204347905905%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 399.44kcal (19.97%), Fat: 36.87g (56.72%), Saturated Fat: 21.55g (134.67%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.26g (2.51%), Cholesterol: 99.39mg (33.13%), Sodium: 451.23mg (19.62%), Alcohol: 6.43g (100%), Alcohol %: 4.77% (100%), Protein: 3.3g (6.59%), Vitamin A: 1253.97IU (25.08%), Zinc: 1.91mg (12.76%), Vitamin E: 1.5mg (9.99%), Vitamin B12: 0.53µg (8.88%), Vitamin B2: 0.14mg (8.46%), Copper: 0.17mg (8.31%), Calcium: 68.56mg (6.86%), Phosphorus: 63.68mg (6.37%), Vitamin D: 0.95µg (6.35%), Vitamin K: 5.23µg (4.99%), Selenium: 3.49µg (4.98%), Manganese: 0.09mg (4.5%), Potassium: 138.98mg (3.97%), Vitamin B3: 0.77mg (3.83%), Vitamin B6: 0.08mg (3.81%), Vitamin C: 2.65mg (3.22%), Iron: 0.52mg (2.91%), Vitamin B5: 0.2mg (2.05%), Magnesium: 8.19mg (2.05%), Folate: 7.75µg (1.94%), Vitamin B1: 0.02mg (1.63%)