Oyster Roast

🥛 **Dairy Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
300 min.	**12**	**240 kcal**

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 12 servings garlic aïoli melted
- [ ] 0.8 lb pork sausage fresh (spicy pork sausages)
- [ ] 48 clams scrubbed well (littleneck)
- [ ] 12 oz beer dark (not)
- [ ] 12 dozens oysters scrubbed well
- [ ] 0.5 lb sausage fresh
- [ ] 0.5 lb sausage smoked

Equipment

- [ ] frying pan
- [ ] oven
- [ ] pot
- [ ] roasting pan
- [ ] grill
- [ ] aluminum foil
- [ ] stove
- [ ] tongs
- [ ] grill pan

Directions

- [ ] Prepare grill for cooking with about 7 pounds of briquets. (You'll need about 15 pounds of briquets total.)

- [ ] Prick bratwursts and chorizo in several places with a fork, then grill, covered, turning occasionally, until browned and cooked through, about 10 minutes.

- [ ] Scatter about 12 additional briquets over glowing coals and replace rack.

- [ ] Fold burlap into a triple layer slightly smaller than grill surface and soak completely with water. Put 3 to 4 dozen oysters directly on grill rack, cover with wet burlap, and roast, without grill cover, until shells just begin to open (about 1/16 inch) or give slightly when squeezed with tongs, about 10 minutes. (If necessary, sprinkle more water over burlap to keep moist.)

- [ ] Serve oysters as they open, removing them with tongs, and roast any unopened oysters a few minutes longer, replacing burlap. Roast remaining oysters in 2 or 3 batches in same manner, adding about 12 more briquets between batches to keep fire hot and resoaking burlap thoroughly.

- [ ] Follow the charcoal grill method for sausages and oysters, or use a roasting pan and foil for oysters and follow stovetop-oven method.

- [ ] Preheat oven to 500°F.

- [ ] Heat 2 heavy ridged grill pans or skillets over moderately high heat until hot but not smoking, then cook sausages, turning occasionally, until browned and cooked through, 15 to 20 minutes.

- [ ] Heat a 17- by 12-inch roasting pan (2 to 3 inches deep) on bottom shelf of oven until very hot.

- [ ] Remove from oven and quickly fill with 3 to 4 dozen oysters and 1 cup water, then cover pan tightly with heavy-duty foil. Roast oysters until shells just begin to open (about 1/16 inch) or give slightly when squeezed with tongs, about 10 minutes.

- [ ] Serve oysters as they open, removing them with tongs, and roast any unopened oysters a few minutes longer, covered with foil. Roast remaining oysters in 2 or 3 batches in same manner.

- [ ] Steam clams in beer in a 6- to 8-quart pot over moderately high heat, covered, until clams open, about 10 minutes (discard any unopened clams after 15 minutes).

- [ ] Transfer clams as opened to a platter. Carefully pour clam broth into cups, avoiding any sediment, for dunking clams if still sandy.

Nutrition Facts

PROTEIN 20.18% **FAT 76.5%** **CARBS 3.32%**
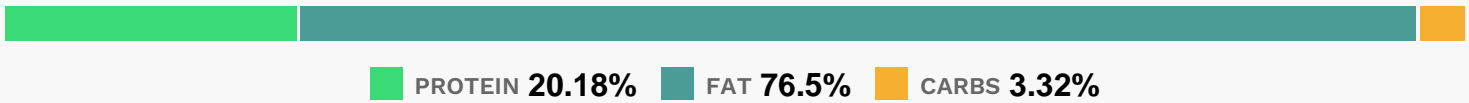
Properties

Glycemic Index:12.63, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:5.9199999842955%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 239.89kcal (11.99%), Fat: 19.25g (29.62%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.01g (0.01%), Cholesterol: 52.04mg (17.35%), Sodium: 465.07mg (20.22%), Alcohol: 1.11g (100%), Alcohol %: 1.29% (100%), Protein: 11.43g (22.85%), Vitamin B12: 1.64µg (27.33%), Vitamin B3: 3.3mg (16.49%), Zinc: 2.03mg (13.54%), Vitamin B1: 0.18mg (12.32%), Phosphorus: 111.26mg (11.13%), Vitamin B6: 0.22mg (10.84%), Vitamin D: 0.86µg (5.73%), Vitamin B2: 0.09mg (5.44%), Iron: 0.94mg (5.23%), Potassium: 177.75mg (5.08%), Vitamin B5: 0.47mg (4.71%), Copper: 0.09mg (4.48%), Selenium: 3.02µg (4.31%), Magnesium: 12.81mg (3.2%), Vitamin A: 75.43IU (1.51%), Vitamin E: 0.19mg (1.3%), Calcium: 11.19mg (1.12%)