



## Oyster Stew

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 5 Tbsp butter unsalted
- ☐ 1 pint dozens oysters with their liquor, jarred or freshly shucked, 2 dozen\*
- ☐ 0.3 cup flour
- ☐ 2 celery stalks minced
- ☐ 1 medium onion white yellow minced
- ☐ 1.8 cup milk
- ☐ 0.3 cup cup heavy whipping cream (can use all milk if you want)
- ☐ 4 servings splash of tabasco

- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup parsley minced

## Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

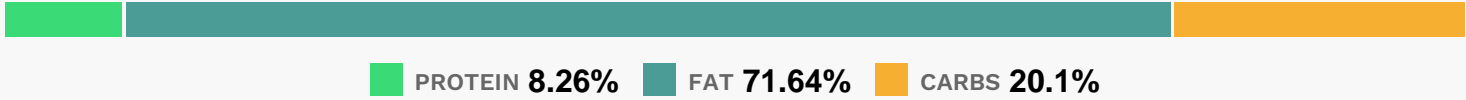
## Directions

- ☐ Strain and reserve the oyster juice, rinse oysters: Strain the oyster juice through a fine-meshed sieve into a bowl to remove any grit. Reserve the juices. Rinse the oysters well, under cold water.
- ☐ Put them in a bowl.
- ☐ Make a roux: Melt the butter in a pot over medium heat.
- ☐ Add the flour and stir to make a roux. Reduce the heat to medium-low and cook the mixture for a few minutes, stirring often.
- ☐ Add celery and onions: When the roux turns the color of coffee-with-cream, stir in the celery and onions. Increase the heat to medium and cook for 2-3 minutes, stirring frequently.
- ☐ Add oyster juices, milk, cream, hot sauce:
- ☐ Add the oyster juice and any juices the oysters in the bowl have released. The flour in the roux will absorb the liquid and turn into a paste. Slowly add the milk and cream, stirring to incorporate as you pour them in.
- ☐ Add a healthy splash or two of hot sauce, to taste.
- ☐ Heat the soup to steamy, but below a simmer, over low heat, cook for 15 minutes. (Do not let the soup boil!)
- ☐ oysters: If you are working with large oysters, you may want to chop them into bite-sized pieces.
- ☐ Add the oysters and cook for another 2 minutes, or until the edges of the oysters just begin to curl.
- ☐ If you want the stew to be more like a smooth soup, purée until smooth.

- ☐
- Add salt and freshly ground black pepper to taste.

☐

# Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:6.87, Inflammation Score:-8, Nutrition Score:16.084782548573%

## Flavonoids

Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 290.61kcal (14.53%), Fat: 23.56g (36.24%), Saturated Fat: 14.62g (91.35%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 13.89g (5.05%), Sugar: 6.93g (7.7%), Cholesterol: 72.51mg (24.17%), Sodium: 260.1mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Vitamin K: 126.04µg (120.04%), Zinc: 5.32mg (35.5%), Vitamin A: 1482.41IU (29.65%), Vitamin B12: 1.67µg (27.76%), Copper: 0.38mg (18.96%), Calcium: 171.58mg (17.16%), Phosphorus: 153.59mg (15.36%), Vitamin C: 12.24mg (14.83%), Vitamin B2: 0.25mg (14.51%), Vitamin D: 1.68µg (11.19%), Selenium: 7.79µg (11.13%), Vitamin B1: 0.15mg (9.78%), Folate: 33.62µg (8.41%), Potassium: 293.74mg (8.39%), Iron: 1.46mg (8.14%), Manganese: 0.16mg (7.81%), Magnesium: 24.96mg (6.24%), Vitamin B6: 0.12mg (5.98%), Vitamin B5: 0.59mg (5.86%), Vitamin E: 0.78mg (5.17%), Vitamin B3: 0.84mg (4.19%), Fiber: 0.98g (3.93%)