



Pan-Fried Oysters with Tangy Crème Fraîche

READY IN



40 min.

SERVINGS



6

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 3 tablespoons crème fraîche
- ☐ 0.7 cup cooking wine dry white
- ☐ 2.3 teaspoons fish roe
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup shallots chopped
- ☐ 18 large oysters in shells fresh
- ☐ 1 tarragon sprig

- ☐ 2 thyme sprigs
- ☐ 1 tablespoon citrus champagne vinegar

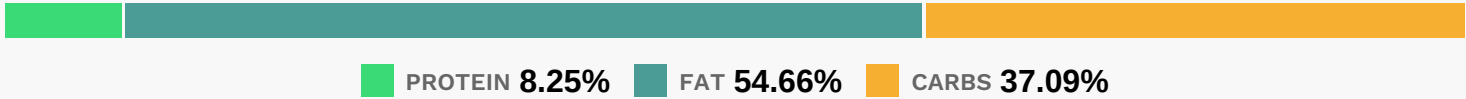
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 17
- ☐ Carefully shuck oysters over a small, heavy saucepan. Sever oyster meat from shells; remove oysters from shells into a fine-mesh sieve set over pan, capturing oyster liquor in pan.
- ☐ Place oysters in a small bowl; chill. Discard top halves of shells. Scrape adductor muscle from bottom halves of shells; discard muscle. Scrub bottom halves of shells clean. Arrange bottom halves of shells on a jelly-roll pan; place in oven.
- ☐ Add wine and next 4 ingredients (through tarragon) to saucepan with oyster liquor, and cook over medium heat for 9 minutes or until reduced to 3 tablespoons. Strain through a fine sieve lined with cheesecloth, and discard solids.
- ☐ Whisk crme frache into liquid. Keep warm.
- ☐ Place panko in a shallow dish.
- ☐ Heat a small nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan, and swirl to coat. Dredge 9 oysters in panko; shake off excess. Arrange coated oysters in a single layer in pan; saut 2 minutes on each side or until golden.
- ☐ Remove oysters from pan, and place 1 cooked oyster in each of 9 warm shells. Keep warm. Repeat the procedure with remaining 1 tablespoon oil, 9 oysters, panko, and shells. Top each oyster with 1 1/2 teaspoons sauce and 1/8 teaspoon caviar.
- ☐ Sprinkle with thyme leaves; serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:3.8017391432887%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.42kcal (6.32%), Fat: 6.6g (10.15%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.21g (3.35%), Sugar: 1.73g (1.92%), Cholesterol: 14.41mg (4.8%), Sodium: 81.47mg (3.54%), Alcohol: 2.75g (100%), Alcohol %: 5.58% (100%), Protein: 2.24g (4.48%), Manganese: 0.18mg (9.1%), Selenium: 5.16µg (7.37%), Vitamin B12: 0.41µg (6.76%), Vitamin E: 0.89mg (5.91%), Iron: 1.01mg (5.64%), Vitamin B1: 0.08mg (5.33%), Magnesium: 17.62mg (4.4%), Phosphorus: 40.31mg (4.03%), Vitamin K: 4.06µg (3.86%), Vitamin B6: 0.08mg (3.78%), Vitamin B2: 0.06mg (3.71%), Calcium: 36.12mg (3.61%), Fiber: 0.86g (3.46%), Folate: 13.48µg (3.37%), Vitamin C: 2.54mg (3.08%), Vitamin B3: 0.58mg (2.91%), Potassium: 94.56mg (2.7%), Copper: 0.05mg (2.27%), Vitamin A: 109.01IU (2.18%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.18mg (1.79%)