



Poached Oysters with Beet Mignonnette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple juice filtered ()
- ☐ 2 tablespoons beets diced cooked finely
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cucumber english peeled halved
- ☐ 24 medium dozens oysters
- ☐ 1 teaspoon peppercorns black
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

☐ 0.1 teaspoon sugar

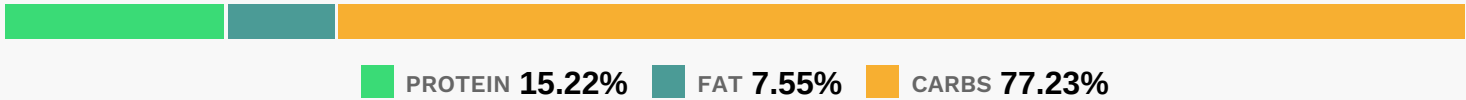
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ mandoline
- ☐ colander

Directions

- ☐ Bring 6 cups water with 1 teaspoon salt to a simmer in a wide 6- to 8-quart pot, then add oysters with their liquor and poach at a bare simmer just until edges curl, about 1 1/2 minutes.
- ☐ Transfer oysters with about 1/4 cup poaching liquid to a bowl and chill, uncovered, until cool, about 30 minutes.
- ☐ Scrub reserved bottom oyster shells. Boil shells in 6- to 8-quart pot of boiling water 3 minutes (to remove any grit or traces of raw oyster), then drain in a colander. Rinse shells and dry thoroughly.
- ☐ Stir together vinegar, apple juice, shallot, beet, peppercorns, salt, sugar, and 2 tablespoons poaching liquid from bowl of oysters.
- ☐ Very thinly julienne cucumber lengthwise using a mandoline or other manual slicer, working around seed core, then discard seed core.
- ☐ Drain cucumber in a sieve set over a bowl while assembling oysters, then discard liquid.
- ☐ To assemble, place 1 oyster in each half shell and spoon 1 teaspoon mignonnette over it. Top with a little cucumber, twirled into a mound.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.9413043587752%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 5.82kcal (0.29%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.58g (0.65%), Cholesterol: 0.56mg (0.19%), Sodium: 51.23mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Zinc: 0.59mg (3.91%), Manganese: 0.05mg (2.68%), Copper: 0.05mg (2.49%), Vitamin K: 2.37µg (2.26%), Vitamin B12: 0.12µg (2.04%)