



Raw Oysters on the Half Shell with Cucumber Mignonette

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 hothouse cucumber minced peeled
- ☐ 1 piece ginger fresh grated peeled
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.3 teaspoon hot sauce to taste
- ☐ 1 juice of lemon juiced
- ☐ 1 cup catsup
- ☐ 12 large west coast oysters

- ☐ 6 servings several turns pepper black freshly ground
- ☐ 1 cup rice wine vinegar
- ☐ 6 servings rock salt crushed
- ☐ 1 shallots minced
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon worcestershire sauce

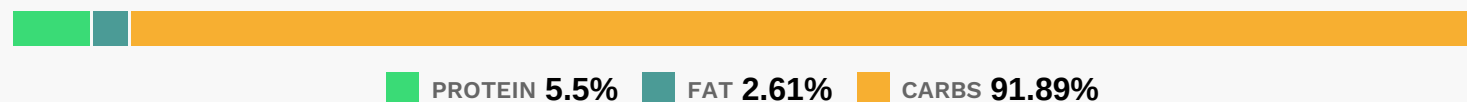
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender

Directions

- ☐ Begin by shucking oysters. Find a durable, thick cloth and fold it over several times to create a square; this will steady the oysters as you shuck them and also protect your hand. Using the towel as a mitt, hold the oyster firmly on a flat surface. Insert the tip of your oyster knife between the shell halves, and work it around 1 side to the other as you pry it open. Using the knife, cut the muscles away from the top, flat shell, bend the shell back, and discard it. Run the knife underneath the oyster to detach it completely, but leave it in its shell (take care not to cut the meat itself). Nestle the oysters in a bed of crushed ice or wet rock salt to keep them steady.
- ☐ Serve immediately.
- ☐ In a small bowl, combine the rice wine vinegar, shallots, ginger, cucumber, sugar and black pepper; mixing with a fork. Cover and chill for at least 1 hour or up to the day before you plan to serve, to allow the flavors to come together.
- ☐ Serve with raw oysters.
- ☐ Mix ingredients in a blender to combine. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:1.81, Inflammation Score:-3, Nutrition Score:3.6843478472336%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 68.65kcal (3.43%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 15g (5.46%), Sugar: 11.87g (13.19%), Cholesterol: 1.12mg (0.37%), Sodium: 405.73mg (17.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Zinc: 1.28mg (8.56%), Vitamin C: 6.27mg (7.6%), Copper: 0.15mg (7.4%), Manganese: 0.12mg (6.21%), Potassium: 197.44mg (5.64%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.73%), Vitamin A: 226.61IU (4.53%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.25µg (4.08%), Vitamin B3: 0.66mg (3.28%), Folate: 12.8µg (3.2%), Vitamin K: 3.31µg (3.15%), Magnesium: 12.48mg (3.12%), Iron: 0.48mg (2.69%), Fiber: 0.66g (2.63%), Phosphorus: 25.69mg (2.57%), Calcium: 20.11mg (2.01%), Selenium: 1.29µg (1.85%), Vitamin B1: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.12%)