

## OYSTERS AND MIGNONETTE DRESSING

### EQUIPMENT

SMALL MIXING BOWL, OYSTER KNIFE, TEA TOWEL, SPOON, ZIP LOCK BAG, ICE, ROLLING PIN

### INGREDIENTS

6 CLOSED OYSTERS, 2 SHALLOTS, 3 SPRIGS THYME, 20GM CASTER SUGAR, 80GM RED WINE VINEGAR

#### NOTE ON RECIPE AND VIDEO

ALTHOUGH NOT STEAM RELATED WE THOUGHT IT IMPORTANT TO SHOW YOU HOW TO CORRECTLY OPEN AN OYSTER. OFTEN OYSTERS ARE SOLD OPEN. THIS ESSENTIALLY MEANS THEY ARE DEAD, TAINTING THEIR FLAVOUR.

OPEN OYSTERS ARE ALSO OFTEN RINSED IN FRESH WATER AND THIS ALSO DILUTES THEIR NATURAL FLAVOUR, WHERE POSSIBLE SPEND THE TIME TO FIND A FISHMONGER THAT SELLS CLOSED OYSTERS

### METHOD

PEEL AND DICE THE SHALLOTS AND PLACE IN A MIXING BOWL, CHOP THE THYME AND ADD TO THE BOWL WITH THE SUGAR AND VINEGAR AND MIX WELL. SET ASIDE

RINSE AND IN NEEDED LIGHTLY SCRUB THE OUTSIDE OF THE OYSTERS IN COLD RUNNING WATER TO REMOVE ANY BARNICLES OR SEAWEED

FOLD A TEA TOWEL INTO 4 AND WITH THE ROUNDED END OF THE OYSTER FACING YOU WORK YOUR WAY TO THE FURTHEST RIGHT HAND SIDE OF THE OYSTER, THIS IS WHERE YOU INSERT THE KNIFE

PLACE THE POINT OF THE KNIFE THROUGH THE SEAM BETWEEN THE LID AND BASE OF THE OYSTER "JIGGLING" IT AS YOU GO AT ABOUT A 45° ANGLE

ONCE THE KNIFE BREAKS THROUGH THE SURFACE FLATTEN OUT THE KNIFE AND WORK YOUR WAY BACK AROUND THE SHAPE OF THE OYSTER TOWARDS YOURSELF FINISHING AT THE OPPOSITE SIDE TO WHERE YOU BEGAN

LIFT THE TOP OF THE SHELL AWAY FROM THE BASE, USING THE TIP OF YOU FINGER SCRAPE OUT AND SMALL BITS OF SHELL THAT HAVE BROKEN OFF

YOU WILL SEE A SMALL CIRCLE IN THE SURFACE OF THE OYSTER, THIS INDICATES WHERE IT IS ATTACHED TO THE SHELL. USING THE KNIFE SCRAPE AWAY NEXT TO THIS INDICATOR ON THE SIDE OF THE SHELL AND SET ASIDE

REPEAT WITH THE REMAINING OYSTERS

PLACE ICE CUBES INTO A ZIP LOCK BAG AND CRUSH THEM WITH A ROLLING PIN, POUR THE ICE ONTO A SHALLOW BOWL, PLACE THE OYSTERS ON TOP AND FINISH WITH A LITTLE OF THE SHALLOT DRESSING ON EACH OYSTER

### HINTS & TIPS

- TO KEEP CLOSED OYSTERS LAY THEM IN A DISH AND PLACE HEAVY WEIGHTS ON TOP AND INTO THE FRIDGE. THE WEIGHT MIMICS THE PRESSURE OF BEING UNDER WATER. OYSTERS KEPT LIKE THIS CAN KEEP FOR UP TO 5 DAYS
- IF YOU ARE A PURIST DON'T MAKE THIS DRESSING FOR YOUR OYSTERS JUST ADD A LITTLE SQUEEZE OF LEMON OR LIME AND A TOUCH OF CRACKED BLACK PEPPER OR AGAIN ADD NOTHING. FRESH OYSTERS COME WITH THERE OWN DRESSING