

Enjoy Oysters All Year

By ELLY

Great piles of oyster shells found along shorelines by the early settlers were evidence that coastal Indians enjoyed this seafood in large quantities.

Today, oysters are more popular than ever, and the old superstition of eating oysters only in the "R" months long has been disproved. Oysters are good to eat any time they are available.

FORTUNATELY for oyster fanciers, they can be enjoyed year around, thanks to modern freezing and canning processes. They are also available fresh, shucked, and ready to use with no waste.

The meat of the oyster is an excellent source of protein, minerals and vitamins, and they are easily digested. Because of the high mineral content, oysters are often recommended by doctors for patients with anemia.

To retain the oyster's delicate flavor and tender texture, never overcook. Oysters should be cooked just long enough to heat through so they will remain plump and tender. A good rule is to cook just until the edges curl.

Oyster mushroom stew, a National Marine Fisheries Service recipe, has all the goodness of the traditional oyster stew but with a modern touch.

OYSTER-MUSHROOM STEW

2 cans (12 oz. each) oysters, fresh or frozen
1 can (10½ oz.) cream of mushroom soup
2 c. oyster liquid and milk
¼ c. butter or margarine
½ t. salt
1 T. sherry
Paprika

Thaw frozen oysters. Drain oysters and reserve liquor. Combine all ingredients except oysters and sherry in three-quart saucepan. Heat, stirring occasionally. Add oysters. Heat three to five minutes longer, or until edges of oysters begin to curl. Add sherry. Sprinkle with paprika. Makes six servings.

OYSTERS SAUTE

8 T. butter
¼ c. finely chopped onion
1 t. dried tarragon
¼ c. dry wine
Salt and pepper
24 oysters
Crisp buttered toast
¼ c. finely chopped parsley
Melt the butter in a skillet. Add the chopped onion and saute until the onion is just soft. Add the tarragon, wine, and salt and pepper to taste. Add the oysters and cook just long enough to curl the edges, shaking the pan from side to side to bathe all the oysters in the sauce. Serve on toast and sprinkle with parsley. Serve with a dry white wine. Serves four to six.

OYSTER STUFFED HALIBUT

2 slices halibut about 1-inch thick
Oyster stuffing
¼ t. salt
¼ t. pepper
2 T. lemon juice
½ c. white wine

OYSTER STUFFING:
½ pt. oysters
2 T. butter
½ c. bread crumbs
1 t. salt
1 t. lemon juice
1 t. onion juice
¼ t. mixed herbs

Wipe fish. Place one piece in a lightly buttered casserole. Cover with oyster stuffing. Top with a second slice of fish and sprinkle with salt, pepper and lemon juice. Pour wine over fish. Bake in a 375 to 400-degree oven for 30 minutes. This is excellent for a buffet supper.

OYSTERS POULETTE

(For Two)

12 oysters
Oyster liquor or chicken bouillon
2 T. butter
½ c. cream
2 egg yolks
Salt, pepper and lemon juice to taste

Chopped parsley and chives
Peach the oysters in ¾ cup liquor or bouillon for one minute. Remove to a hot dish. Add the butter, cream and egg yolks which have been mixed with a little of the cream. Stir until mixture thickens slightly. Season with salt, pepper and lemon juice and pour sauce over oysters. Garnish with chopped parsley and chives.

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