

Oyster, Eastern (*Crassostrea virginica*)



COMMON NAMES

Atlantic or Eastern Oyster, Cove Oyster, American Oyster

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Live, Halfshell, Shucked Meats

Frozen: Whole, Halfshell, Shucked Meats

Value-Added: Smoked, Canned, Breaded, Fritters

PRODUCT PROFILE

Flavor:  A horizontal bar representing flavor intensity. The bar is divided into three sections: MILD (light blue, approximately 15%), MODERATE (medium blue, approximately 65%), and FULL (dark blue, approximately 20%).

Texture:  A horizontal bar representing texture. The bar is divided into three sections: DELICATE (light blue, approximately 15%), MEDIUM (medium blue, approximately 65%), and FIRM (dark blue, approximately 20%).

COOKING TIPS

Oysters are tender creatures. They should never be heated too quickly or for too long. As soon as the mantle starts to curl, they're done. For a classic presentation, try Oysters Rockefeller, broiled in their shells on pans of salt, topped with bacon, breadcrumbs, butter and scallions. Though oysters are often served on the halfshell, people in high-risk categories should avoid raw shellfish.

COOKING METHODS

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> SMOKE |
| <input type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Eastern oysters offer an environmental value? One oyster can filter up to 48 gallons of water in 24 hours! Unlike Pacific oysters, which are mostly cultivated, Eastern oysters are harvested mainly from wild beds in the Gulf of Mexico, Long Island Sound and parts of Atlantic Canada. All oysters vary in taste depending on where they are from, due to differences in water nutrients, salinity levels, temperature, and more. Average market size of this shellfish is three to four inches, and they are harvested in shallow saltwater.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100g/3.5 oz.
AMOUNT PER SERVING

Calories	137
Fat Calories	44.1
Total Fat	4.9 g
Saturated Fat	1.5 g
Cholesterol	105 mg
Sodium	422 mg
Protein	14.1 g
Omega-3	1.2 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1998}

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