

# Pacific Oyster

Latin Name *Crassostrea gigas*

Chinese 牡蛎

Japanese 力キ

Nearly all of the Pacific oyster available in BC is cultured by the province's own shellfish industry

## Flavour



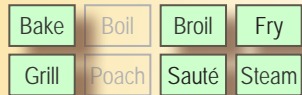
## Texture



## Omega-3 fatty acids/ gram



## Cooking Methods



## Average Portion Size

Approximately 75-100 grams (2.5-3.5 oz) per person

## Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	81.0
Total Fat (g)	2.3
Saturated Fat (g)	0.5
Protein (g)	9.5
Cholesterol (mg)	50.0
Sodium (mg)	106.0
Omega-3 (EPA & DHA)(g)	0.7

Canadian Nutrient File, Health Canada, 2007



## How to Cook

Pacific oysters have creamy white meat with a mild, sweet flavour and firm texture.

Choose live oysters with shells that are hard and closed. Open shells should close tightly when tapped.

Fresh shucked oysters should be plump, have good colour, smell fresh and be packaged in clear oyster liquid.

Oysters require very little cooking time and should be heated slowly. Regardless of the cooking method used, cook only till the mantle begins to curl.

Oysters are popular served raw on the half-shell, but are also served baked, steamed, grilled or in specialty dishes such as Oysters Rockefeller. Shucked oysters can be sautéed, steamed, grilled, or used in soups or other dishes.

## Recipes

### Oyster Pie

### Seared Scallops and Poached Oysters with a Soy Ginger and Hijiki Broth

## About ...

Pacific oysters are large and fast-growing. Their deep, cupped, thick rough shell ranges from muddy brown to light gray with some purple streaks and spots.

Eating raw shellfish or shellfish harvested from areas with "red tide" increases the risk of infection, especially for people in high-risk health categories.



Seared Scallops and Poached Oysters with a Soy Ginger and Hijiki Broth

## Availability

Available fresh all year

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

## Products

Pacific oysters are available:

- Live-in-shell
- Fresh shucked
- In-shell frozen
- Frozen meat
- Smoked meat

Frozen products are available year-round