

## PREPARATION AND USES

Oysters have been a culinary favorite for thousands of years. Oysters in shells can be served **raw, baked, steamed, grilled** or in special dishes. Shucked oyster can be **batter-fried, sautéed, grilled**, used in soups or stews or in special preparation such as dressing, poultry stuffing or appetizers.

Damaged oysters in the past were discarded, but today they are immediately shucked and further processed by making delicious **“OYSTER PUNCH”**: a drink made by blending together oyster flesh, boiled roots, alcohol, eggs and milk products. This drink is becoming a favorite among Jamaicans due to its unique flavor.



# OYSTER FI DAYZZZ!!



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# BRUK DI SHELL N' EATWELL



## FOOD SAFETY

There is a **risk** associated with consuming raw oysters for people with compromised immune systems. If you have chronic illness **of the liver, stomach, blood**; you are a diabetic or have other **immune disorders**, you are at a greater risk of serious illnesses from **raw oysters**, so eat oysters fully cooked. If unsure of your health risk, **consult a physician**.

## NUTRITIONAL VALUE

Oysters are high in calcium, niacin and iron as well as a good source of protein. They are also an excellent source of zinc and vitamin B12.

## BUYING AND STORING

Quality oysters are easy to recognize. **Fresh oysters smell clean, like the ocean**. The shells of live oysters are tightly sealed. Discard oysters with previously

opened shells. Live oysters are sold by the dozens. They will remain alive for **7-15 days** when stored in the refrigerator.

When you buy oysters live in the shell, you are taking home one of nature's freshest 'take-away'. To maintain quality at home, **live oysters** should be kept in a plastic bag at the bottom of the refrigerator at **2-7 degrees C**. If stored in a container, cover should be slightly opened. Drain all excess liquid daily. Do not store live oysters in an airtight container, as this method will kill them.

**Shucked oysters** (oysters removed from the shells) are stored on ice or in the coldest part of the refrigerator and use within five days of purchased. Frozen oysters should be used within two months.

## OYSTERS CULTURED IN JAMAICA

**Oysters** are small shellfish with rough, fluted shells and creamy white flesh that has a **unique dusty flavor**. Oysters are cultured in Bowden Bay, St. Thomas by the Fisheries Division's Mariculture facility. The types of oysters cultured in Jamaica are: cup oysters which are different from the flat small shellfish with rough, fluted shells, and creamy-white flesh with a dusty flavor. They are between 3 ½ -5cm in size. Fresh oyster are available year-round and are sold at competitive prices.

## WATER QUALITY

**Healthy Water = Healthy Oysters!**

**Water testing** is done every fortnight by the government lab in Kingston with strict handling conditions. This ensures consumers' **product safety**.