



## INGREDIENTS

Serves 2

- 8 oysters
- 1-2 shallots, peeled and chopped finely
- white balsamic vinegar

## METHOD

- 1 Mix the shallots and vinegar together. The vinegar should just cover the shallots.
- 2 Take a fresh oyster and flip it open with an oyster knife. Break it open at the hinge and work around the shell. If you haven't got an oyster knife use a blunt knife. Discard the top shell leaving the oyster meat and any juices in the base shell. Then, using a knife, 'dis-attach' the oyster from the shell, making sure you leave nothing behind. Leave the oyster in the shell as eating it from the shell is half the fun.
- 3 Take a teaspoon of the shallot and vinegar mix and put it onto the oyster.
- 4 Pour the oyster from the shell into your mouth, chew once and throw it down the hatch!
- 5 Oysters are best washed down with champagne.



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# ABOUT SEAFOOD



- An adult oyster can filter as much as 60 gallons of water per day.
- Not all oysters taste the same! The size, shape, flavour and food value of oysters are severely affected by their habitat.
- In November 1902, the British oyster trade was dealt a severe blow with lasting effects. In Southampton and Winchester, two mayoral banquets were held at which oysters were served. A large number of the guests were poisoned and four died after the Winchester banquet. It is claimed that the oyster industry lost 75 per cent of its trade after these events.
- Oysters are one of the most nutritionally well-balanced foods, containing protein, carbohydrates and lipids.
- Oysters have long been valued as both an aphrodisiac and a hangover cure, but they are now considered unhealthy as they have high levels of cholesterol.
- During Dickensian times (in the 1800s), oysters were cheap and plentiful, and were regarded as food for the poor.
- Outbreaks of typhoid in Victorian times started from contaminated oysters.