



FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

EASTERN OYSTER



NOAA Fisheries

Native to the entire East Coast and the Gulf of Mexico, the Eastern oyster has been a big contributor to the majority of wild commercial harvests in the Chesapeake Bay and Louisiana. Since the 1800s, oyster farming has been around in the United States and today, oyster farming makes up a large portion of our marine aquaculture, bringing in millions of dollars every year.

Oysters naturally improve their local environment. As suspension feeders, they get their nutrients from microscopic algae suspended in the water column. They are highly efficient at removing excess nutrients from the water and contribute to high water quality in the surrounding area.

As with all aquaculture practices in the United States, much care is taken to ensure that the seafood sold is sustainable and safe to eat. Program and regulations enforce regular monitoring of shellfish practices to provide ocean-friendly seafood to consumers.

Oysters are an excellent source of protein, containing heart- and brain-healthy omega-3 fatty acids and low amounts of saturated fat. Just one oyster contains about 28 percent of the recommended daily allowance of iron, making oysters a healthy and sustainable protein choice.

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Angels on Horseback

Ingredients:

Grain Mustard Aioli

- 2 egg yolks
- 2 cloves garlic
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon champagne vinegar
- 2 teaspoons whole grain mustard
- ½ cup extra-virgin olive oil
- ½ cup canola oil
- Kosher salt and freshly ground black pepper

Angels on Horseback

- 9 slices bacon
- 18 medium to large oysters, shucked
- 4 lemon wedges
- ¼ cup of Grain Mustard Aioli



Directions:

Grain Mustard Aioli

1. In a food processor fitted with the metal blade, puree the yolks, garlic, lemon juice, vinegar, and mustard until combined.
2. Scrape the sides down with a rubber spatula and pulse a few more times to make sure the ingredients are well blended.
3. With the food processor running, slowly add the oils in a thin stream through the tube and let them emulsify with the yolks. If the mixture becomes too thick, add a few drops of cold water and continue adding the oil. The finished aioli should easily coat a spoon.
4. Season with salt and pepper. Refrigerate in an airtight container for up to five days.

Angels on Horseback

1. Preheat the oven to 350 degrees Fahrenheit.
2. Place the bacon slices flat on a baking sheet with about ½ inch between them. Bake until slightly crispy but still pliable enough to wrap around the oysters, 15 to 18 minutes.
3. Remove the bacon from the oven and turn up the oven to 425 degrees.
4. Let the bacon cool slightly, then cut the slices in half crosswise. Wrap each shucked oyster with a bacon slice and secure by pushing a toothpick through the oyster. Place on a clean baking sheet.
5. Bake the wrapped oysters until the bacon is crisp and the oysters are warmed through, about 6 minutes. Serve with lemon wedges and aioli on the side.

Find this recipe in *The Row 34 Cookbook: Stories and Recipes from a Neighborhood Oyster Bar* by Jeremy Sewall

FishWatch is a consumer education product of NOAA Fisheries.



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