



**FISHWATCH** FRESH FACTS.  
SMART SEAFOOD.

## EASTERN OYSTER



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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# Glazed Oysters on Crab and Leeks

## Ingredients:

- 2 tablespoons sweet butter
- 1 leek root with green tops trimmed
- 1 cup lump crabmeat picked over for any remaining bits of shell
- 1 pint oysters with their liquor
- ½ cup white wine
- 3 tablespoons lemon juice
- 1 cup heavy cream
- Salt and white pepper to taste

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1. Butter four scallop shells (or small ovenproof dishes) and set aside. Quarter the leek, rinse it under running water, and pat dry. Chop the leek to measure about 1 cup. Over low heat, melt the remaining butter in a saucepan, add the leek and cook until softened, about 5 minutes, stirring frequently. Remove from the heat and stir in the crab meat. Spread the mixture on each of the scallop shells.
  2. Put the oysters in a small saucepan with their liquor, the wine, and the lemon juice. Poach them just until their edges begin to curl. With a slotted spoon to drain them, place the oysters on the crab mixture, dividing them among the four shells. Over high heat, reduce the liquid remaining in the pan to about ½ cup, skimming the surface as it boils down. Add the cream and reduce further, until the sauce is thick and concentrated in flavor. Season delicately with salt and pepper, and spoon the sauce over the oysters.
  3. Just before serving, preheat the broiler and run the dishes under it briefly, only enough to glaze them.
  4. Serve immediately.

FishWatch is a consumer education product of NOAA Fisheries.



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