



CORNWALL
GOOD
SEAFOOD
GUIDE

Oyster Po'Boy



5



Katy Davidson Amity Seafood, Newquay 2020



An indulgent and filling New Orleans style Pacific Oyster roll. Tempura fried juicy Cornish oysters are presented in a sweet brioche hotdog roll with lashings of home-made tartar sauce and garnished with rocket and chilli flakes.

Contrasting flavours and textures make for a moreish comfort food, and show that oysters are great cooked!

The oysters used are wild 'Pacific oysters' or 'Rock oysters' from the Fal estuary, a non-native species that needs to be controlled and tastes amazing! Only use oysters that have been purified properly by a licensed oyster merchant. The oysters used in this recipe came from Cornish Shellfish Limited.



Oyster Po'Boy

Ingredients

Cooking time: 10 minutes

Serves: one

1 brioche hotdog roll

3 Large Pacific oysters (wild or farmed), purified, shucked and strained.

Rocket Leaves

Mayonnaise

Gherkins

Capers

Chilli Flakes

For the Tempura Batter:

Bottle of soda water (use about 80mls - put this in the freezer for a few minutes prior to cooking as the water needs to be super cold)

70g rice flour

30g plain flour

Corn-starch

Deep fat fryer or a deep frying pan

Rapeseed oil

Method

Heat the oil in advance to 180°C – if you don't have a cooking thermometer, simply drop a small piece of bread in to test the heat – if hot enough it will sizzle!

First prepare your tartar sauce, simply blitzing a few gherkins and capers into some mayonnaise makes super fresh and tangy tartar sauce with a nice crunch. It is easy to do and worth it for the added flavour and texture.

Shuck the oysters into a sieve in a bowl to catch the oyster liquor (You can use this for other recipes including a mixer for dirty Martinis!).

Prep your hotdog style roll by splitting and filling with tartar sauce and crispy rocket leaves.

Prep the tempura batter immediately before using by mixing the flours and water together briskly.

Pat the oysters with kitchen towel, dip in the corn-starch then dip in the batter and lower gently into the frying basket and cook for 2-3 minutes.

Remove and place on fresh kitchen towel to absorb excess oil then push 3 oysters in to the tartar sauce and rocket then sprinkle with chilli flakes and serve.

Follow the QR code overleaf for a video about why we should all be eating more feral Pacific oysters.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

Funded by:



A project of:



Cornwall