



FRESH THOUGHTS:

Sustainable Seafood Dining Series

OYSTER STEW

Chef Galen Sampson of The Dogwood

INGREDIENTS

16 cups oysters, select (pre-shucked); strain and reserve liquor

8 ounces butter, unsalted

8 cups cream, heavy

8 cups milk

4 ea. shallots, peeled—fine brunois

3 stalks celery, peeled—fine brunois

1 ea. potato 90ct russet—fine brunois

2 ea. bay leaf

5 sprigs thyme, fresh

INSTRUCTIONS

This recipe serves appetizer portions of 8 fl. oz. per person.

- In a wide, heavy-bottom sauce pot, melt butter, sweat shallots, celery and potato brunois.
- Add oysters and cook until edges begin to curl. For large quantities, you will have to do multiple batches. Oysters should not be more than two deep in the sauce pot. (If, for ease of serving, the soup bowls will be garnished with the oysters and the hot broth poured over them, then cook the oysters slightly more. However, they should still be quite medium-rare.)

- Meanwhile, heat milk, cream and oyster liquor with thyme and bay leaves. DO NOT BOIL. Bring to rapid simmer, then strain. Hold hot/reheat to rapid simmer for service. DO NOT BOIL.
- Combine and serve (or garnish bowls with oysters and brunois vegetables and then pour hot broth over). Garnish with coarse or fresh ground pepper and chopped parsley.
- Serve or garnish with oyster crackers.



NATIONAL AQUARIUM.

aqua.org/freshthoughts