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Seafood Champion Award Winner 2010

Oyster Burgers with Special Slaw

Grocery List:

Batter

1/2 cup all-purpose flour

1 tsp salt

1 tsp baking powder

6 oz seltzer or sparkling water

10 oz jar fresh farmed
oysters (yields about 8 oz)

2 oz olive oil

Slaw

6 oz green cabbage, shredded
(about 1/4 head)

1 Tbsp apricot jam or orange
marmalade

1 Tbsp vinegar

1 Tbsp olive oil

Pinch salt

Preparation:

1. Prepare batter. Mix all dry ingredients, and then add fizzy water. Mix until lumps have disappeared (but don't over mix). Refrigerate for 15 minutes.
2. Chop cabbage into small strips. Combine wet ingredients for dressing. Toss thoroughly and set aside.
3. Rinse oysters once to get rid of any shell bits and excessive dirt. Don't over rinse or the oyster flavor will be lost. Chop into bite-size pieces. Add oyster bits to the batter after it has rested.
4. Toast bun halves.
5. Heat a non-stick skillet with 1 oz of olive oil. Using a serving spoon or 1/4 cup scoop, drop batter into a pan. Make two burgers at a time. Lightly brown each side on medium heat, 2-3 minutes for each side. Repeat with 1 oz of oil for two more burgers.
6. To assemble, place burgers on buns, salad on top.

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healthy families and a healthy ocean.*

