

# Oyster Rockefeller Recipe

Although we are based in New England, Oyster Rockefeller is a classic New Orleans dish that so delicious, the king of seafood appetizers. As sophisticated as it looks, it is quite easy to prepare. Just make sure you have the right shucking knife and know how to shuck oysters! The oysters and shucking knife used is available on our website [intershellseafood.com](http://intershellseafood.com).



## Ingredients

- [24 live oysters – available on intershellseafood.com](http://intershellseafood.com)
- [Oyster knife – available on intershellseafood.com](http://intershellseafood.com)
- 4 tbsp butter or margarine
- 4 tbsp onion (or shallots) finely minced
- 2 large garlic cloves, minced
- 2-3 cups frozen spinach, defrosted (frozen spinach holds better moisture, you do not want the filling to dry out when baking)
- 12 oz heavy cream
- ½ cup parmesan (or romano) cheese, or 50/50 mixture
- ½ tsp black pepper
- 1 tbsp lemon juice
- ¼ cup panko crumbs

1. Rinse and clean the oysters. Keep refrigerated until needed, after cooking the spinach filling.
2. Preheat oven to 375 degree F – so the oven is ready to cook the oysters
3. In a large sauté pan, melt the butter on medium heat.
4. Add the shallots and garlic to the melted butter and sauté over medium heat for 3-4 minutes, keep an eye on them and do not let them burn.
5. Add the defrosted spinach and sauté for a few minutes.
6. Add the lemon juice, heavy cream, cheese and black pepper. Allow the mixture to continue cooking until the cream has reduced by half. If the spinach seems too creamy or watery, you can add panko crumbs to absorb some of the liquid. Set spinach mixture aside when finished
7. Time to open the oysters. We have a step-by-step written instructions on how to open oysters written below, and a video our Instagram page.
8. Lay the shucked oysters on a baking sheet when shucked & add a spoonful of the spinach mixture on top of each oyster. When finished, sprinkle panko crumbs.
9. Cook oysters in the oven for 15-20 minutes or until the topping is golden brown.
10. Serve the oysters with lemon slices.

## Shucking an Oyster

To shuck oysters, the only tool you should use is a real oyster knife. Note: We strongly advise against using any other shucking tools because an oyster is a little more difficult to open than clams or scallops. An oyster knife is short and sturdy with a sharp curved tip, specifically designed strong enough to open oysters with ease to lower the risk of hurting yourself.

[Oyster knives are available for purchase on intershellseafood.com.](http://intershellseafood.com)

1. Rinse the oyster thoroughly to clean any sediments on the outside of the shell.
2. Grab a dish rag and place it on a sturdy surface. Place the oyster on the dish rag.
3. Use another cloth around your hand to protect it. Press down on the oyster and firmly grip the oyster knife to insert it in the opening of the shell.
4. Use an up and down motion to wiggle the opening of the shell. When you feel it pop open, remove your oyster knife and wipe it on the cloth to wipe the sediment off the knife.
5. Keeping the oyster knife upward, run it along the top of the shell to sever the muscle from the shell. Do the same to the bottom of the shell. Remove the top shell and clean off your oyster knife.
6. Look inside the oyster and with a clean knife, sweep away any sediment that may have gotten into the oyster meat.
7. Optional: Rinse the meat with a little bit of water. Although, the juice of the oyster is the best part.
8. Serve with your choice of cocktail sauce, horse radish, or a wedge of lemon and enjoy!

