



Love the taste every time.

## Oyster Recipes

### Seed Crusted Oyster Logs

#### Ingredients

- 1 pkg (250 g) light cream cheese, softened
- 1 large clove garlic, minced
- ¼ tsp (1 mL) hot pepper sauce
- 2 cans (85 g each) [Clover Leaf Smoked Oysters](#), drained
- 1 ½ tsp (7 mL) grated lemon rind
- 2 green onions, finely chopped
- ¼ cup (50 mL) roasted sunflower seeds
- ¼ cup (50 mL) chopped fresh parsley



#### Preparation

1. Blend cream cheese, garlic and hot pepper sauce in a small bowl until smooth.
2. Lightly spray 12-inch (30 cm) piece of wax paper with non-stick cooking spray or lightly brush with vegetable oil. Place paper on flat cutting board or plate. Spread cheese mixture on oiled paper in an 8-inch (20 cm) square. Chill while preparing filling or longer if desired.
3. Mash drained oysters with lemon rind and green onions. Spread over cheese, leaving a 1/4-inch (6 mm) border. Roll up jelly roll style allowing cheese to roll away from paper. Seal by twisting ends of paper and place on board or plate and refrigerate at least 2 hours or up to 24 hours.
4. Mix seeds and parsley on another piece of wax paper; unroll chilled log onto the seed mixture and roll to coat all sides. Serve with crackers or party rye bread. Serves 12.

**Nutritional Information per serving: Calories 80, Fat 6g, Sodium 130mg, Carbohydrate 3g, Fibre 0g, Protein 4g.**



### Oyster Cream Cheese Topping

#### Ingredients

- 1 can (85 g) [Clover Leaf Smoked Oysters](#), drained
- 1 container (125 g) cream cheese
- 1 tbsp (15 mL) mayonnaise
- 1 tbsp (15 mL) medium sherry
- ½ tsp (2 mL) horseradish
- ¼ tsp (1 mL) paprika

#### Preparation

1. Whip Smoked Oysters and cream cheese with electric mixer.
2. Add all other ingredients and mix until well blended.
3. Serve on crackers, in tomatoes or in tart shells.

Makes 1 cup.

**Nutritional Information per serving: Calories 45, Fat 4g, Sodium 60mg, Carbohydrate 1g, Fibre 0g, Protein 1g.**



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## Oyster Recipes

### Oysters Rockefeller

#### Ingredients

- 3 tbsp (45 mL) melted butter, divided
- 1 large sweet onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried thyme leaves
- 1 tsp (5 mL) each salt and pepper
- 1 tsp (5 mL) granulated sugar
- 1 ½ lb (750 g) baking potatoes, peeled and cut into ½ -inch (1 cm) cubes, about 4 cups (1 L)
- ¼ cup (50 mL) chicken broth
- ½ tsp (2 mL) Worcestershire sauce
- 1 cup (250 mL) 5% light cream or half and half
- ¼ tsp (1 mL) ground nutmeg
- 2 cans (85 g each) [Clover Leaf Smoked Oysters](#)
- 2 cups (500 mL) packed baby spinach leaves or chopped Swiss chard
- ½ cup (125 mL) each fresh bread crumbs and shredded Parmesan cheese
- 2 tbsp (30 mL) chopped fresh parsley



#### Preparation

1. Heat 2 tbsp (30 mL) of the butter in a large, oven-safe skillet set over medium heat. Add the onion, garlic, thyme, salt and pepper. Partially cover and cook, stirring occasionally, for 10 to 15 minutes or until golden. Sprinkle sugar into the pan. Increase heat to medium-high. Stir in the potatoes, chicken broth and Worcestershire sauce; cook until liquid evaporates, about 1 minute.
2. Preheat the oven to 375 F (190 C) .
3. Stir in the cream and nutmeg and bring to a boil. Drain the oysters and reserve 1 tbsp (15 mL) of the juices. Stir the smoked oysters, reserved juices and spinach into the potato mixture. Toss the breadcrumbs, Parmesan cheese, parsley and remaining butter until well combined. Sprinkle evenly over top. Bake for 30 to 40 minutes.

Makes 4 servings.

**Nutritional Information per serving: Calories 540, Fat 28g, Sodium 1120mg, Carbohydrate 53g, Fibre 5g, Protein 18g.**

**Hint:** If you don't own an ovenproof skillet, transfer the potato-oyster mixture to a shallow gratin dish before adding crumb topping.



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## Oyster Recipes

### Rib Eye Steaks with Smoked Oyster Sauce

#### Ingredients

##### Sauce:

- 1 tbsp (15 mL) each vegetable oil and butter
- 1 small onion, peeled and thinly sliced
- 8 oz (250 g) mushrooms, coarsely chopped
- ½ tsp (2 mL) each salt and pepper
- 1 tbsp (15 mL) oyster sauce
- 1 tsp (5 mL) Worcestershire sauce
- 1 clove garlic, minced
- 1 can (85 g) [Clover Leaf Smoked Oysters](#), drained
- ½ cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) red wine vinegar

##### Steak:

- 4 Rib eye steaks, each about 1-in (2.5 cm)
- 1 tsp (5 mL) each salt and pepper

#### Preparation

1. Sauce: Heat oil and butter in a large skillet set over medium-high heat. Add the onions and sauté, stirring often, for 3 to 5 minutes or until golden. Add the mushrooms and cook, stirring often, for 4 to 5 minutes or until golden all over. Reduce heat to medium and stir in salt, pepper, oyster sauce, Worcestershire sauce and garlic. Stir in the smoked oysters and whipping cream. Cook, stirring often, for 2 minutes or until thickened. Remove from the heat and stir in the parsley and vinegar. Keep warm.
2. Steak: Meanwhile, preheat the grill to medium-high. Sprinkle the steaks evenly with salt and pepper. Place the steak on the grill and cook for 3 minutes. Rotate the steak a quarter turn and cook for 4 minutes longer. Turn and cook for 4 minutes, or until cooked to medium-rare or desired doneness. Spoon the warm oyster sauce over the steaks to serve.

Makes 4 servings

**Nutritional Information per serving: Calories 490, Fat 36g, Sodium 1140mg, Carbohydrate 8g, Fibre 1g, Protein 35g.**





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## Oyster Recipes

### Oyster Canapés with Horseradish Sour Cream

#### Ingredients

- ¼ cup (50 mL) sour cream
- 1 tbsp (15 mL) mayonnaise or light mayonnaise
- 1 tbsp (15 mL) prepared horseradish
- 1 tbsp (15 mL) finely chopped chives
- 1 can (85 g) [Clover Leaf Smoked Oysters](#), drained
- dark rye or pumpernickel bread



#### Preparation

In a small bowl, combine sour cream, mayonnaise, horseradish and chives. Divide mixture equally among appropriate number of breads: top each with 1 Clover Leaf Smoked Oyster. Garnish as desired.

Makes about 16 servings.

**Nutritional Information per serving: Calories 45, Fat 2.5g, Sodium 70mg, Carbohydrate 4g, Fibre 0g, Protein 2g.**

**Note:** Clover Leaf Smoked Oysters cans are filled by weight. Quantity of oysters per can will vary depending on their size. Horseradish Sour Cream mix may need to be increased or decreased according to number of pieces of bread used.

**Hint:** Try using a variety of crackers and breads, or cutting the breads into interesting shapes (rounds, triangles).



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## Oyster Recipes

### Festive Stuffing Oyster Casserole

#### Ingredients

5 slices bacon, coarsely chopped  
1/3 cup (75 mL) butter or margarine  
1 ½ cups (375 mL) finely chopped onion  
¾ cup (175 mL) finely chopped celery  
2 cloves garlic, finely chopped  
2 bay leaves  
1 ¼ cups (300 mL) chicken stock  
1 cup (250 mL) white wine (or extra chicken stock)  
2 tbsp (30mL) prepared horseradish  
12 cups (3 L) cubed stale bread  
2 cans (85 g each) [Clover Leaf Smoked Oysters](#)  
2 tbsp (30mL) finely chopped sage  
2 tbsp (30 mL) finely chopped thyme  
¼ cup (50mL) finely chopped parsley  
½ tsp (2 mL) ground black pepper



#### Preparation

Preheat oven to 350°F (180°C) .

Crisp bacon in a frying pan, drain fat off. Set bacon aside. Melt butter in a medium saucepan and sauté onion, celery, garlic and bay leaves for about 5 minutes. Add chicken stock, white wine and horseradish. Cook for another 3 minutes.

Pour the mixture over the cubed bread. Add reserved bacon and Clover Leaf Smoked Oysters; toss lightly. Stir in the remaining ingredients and place in a 12-cup (3L) casserole dish. Bake for 35 minutes or until crust is golden brown. Makes 12-16 servings.

**Nutritional Information per serving: Calories 190, Fat 8g, Sodium 330mg, Carbohydrate 21g, Fibre 1g, Protein 5g.**

**Note:** Alternatively, place the stuffing inside the cavity of a 15 lb. turkey, and roast.

**Hint:** Stuffing is not just for turkeys - it can be a wonderful side dish to complete any special meal - from fish to baked chicken.



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## Oyster Recipes

### Easy Seafood Linguine

#### Ingredients

- 1 lb (454 g) linguine pasta
- ¼ cup (50 mL) olive oil
- 3 cloves garlic, finely chopped
- ¼ cup (50 mL) bread crumbs
- ½ tsp (2 mL) chili flakes
- 1 can (142 g) [Clover Leaf Baby Yellow Clams](#), undrained
- 1 can (106 g) [Clover Leaf Medium Shrimp](#), drained
- 1 can (133 g) [Clover Leaf Pacific Oysters](#), drained
- ¼ cup (50 mL) white wine (or pasta water if preferred)
- ½ cup (125 mL) coarsely chopped parsley
- cracked black pepper
- additional bread crumbs



#### Preparation

Cook the pasta in a large pot of boiling water until al dente. Drain and keep warm.

While the pasta is cooking, heat the olive oil in a frying pan and sauté the garlic for 3-4 minutes. Add bread crumbs and chili flakes; cook for 1 minute. Add Clover Leaf Baby Yellow Clams with liquid, Medium Shrimp, Pacific Oysters and white wine; cook for another 2-3 minutes. Toss the seafood mixture with the pasta; add the parsley and season with pepper to taste. Garnish with bread crumbs. Serve immediately.

Makes 4-6 servings.

**Nutritional Information per serving: Calories 510, Fat 13g, Sodium 370mg, Carbohydrate 71g, Fibre 3g, Protein 25g.**

**Hint:** Try serving small portions as an appetizer.



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## Oyster Recipes

### Oyster Stuffed Glazed Pork Tenderloin

#### Ingredients

- 3 slices bacon, finely chopped
- 1 small onion, finely chopped
- 1 small Granny Smith apple, finely chopped
- 1 clove garlic, minced
- 1 tsp (5 mL) dried thyme leaves
- 2 tbsp (30 mL) dry sherry or white wine
- 2 cans (85 g each) [Clover Leaf Smoked Oysters](#), drained
- 2 cups (500 mL) cubed fresh whole grain bread
- ½ tsp (2 mL) each salt and pepper
- 2 large pork tenderloins (each about 1lb / 500g)
- 3 tbsp (45 mL) each maple syrup and Dijon mustard



#### Preparation

1. Heat a large non-stick skillet over medium-high heat. Add the bacon, onion, apple, garlic and thyme leaves. Cook, stirring often, for 7 minutes or until bacon is crisp. Add sherry and oysters; cook for 1 minute or until moisture is evaporated. Add bread and toss to coat with cooked mixture; cool to room temperature.
2. Meanwhile, preheat the oven to 400°F (200°C) . Slice along the length of each tenderloin almost through to the centre, so it opens like a book. Sprinkle evenly with salt and pepper.
3. Spread the stuffing mixture down the length of one tenderloin and top with the remaining tenderloin. Secure the layers with kitchen twine tied at equal intervals. Place the roast on a rack set over a foil-lined, rimmed baking sheet. Stir the maple syrup with the mustard until well combined.
4. Roast for 30 to 35 minutes or until an instant read thermometer registers 160°F (71°C) when inserted into the thickest part of the pork (and 165°F/74°C in the stuffing) . Baste the meat with the maple mixture twice during roasting. Broil on the centre rack for 5 minutes or until glossy. Rest for 5 minutes before slicing.

Makes 6 servings.

**Nutritional Information per serving: Calories 460, Fat 18g, Sodium 610mg, Carbohydrate 20g, Fibre 1g, Protein 51g.**

**Hint:** The stuffing mixture can be made ahead and held in the refrigerator for up to 1 day. Bring the stuffing mixture to room temperature before stuffing and roasting the pork.