



CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARs



# BAKED OYSTERS WITH GARLIC BREADCRUMBS



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**SERVES** 2    **PREP TIME** 15 minutes    **BAKING TIME** 6 - 8 minutes

## A NOTE FROM CHEF KATE

*“These baked oysters are delicious and are the perfect thing to start off a romantic evening for two. Or, if you have guests, simply double the recipe for a great starter dish. They take very little time to assemble – you can prepare them beforehand and then bake them in no time!”*

## INGREDIENTS

- 8 Fresh oysters in their shells
- ¾ cup Breadcrumbs, panko style
- 2 tbsp. Melted butter or ghee
- 1½ tbsp. Organic mayonnaise
- 1 tsp. Honey, to taste (optional)
- 1 tsp. Lemon juice
- 1 Garlic, grated or finely minced
- 1 tbsp. Italian parsley, finely chopped
- Chilli flakes, to taste
- ¼ tsp. Sea salt and freshly ground pepper, to taste
- 2 drops Young Living Lemon essential oil
- 4-5 cups Rock salt or dried beans, for baking and serving
- Lemon wedges, for serving



## METHOD

1. Preheat oven to 180°C degrees. Pour a bed of rock salt approximately 2.5 cm deep in a large baking dish and set aside.
2. Excluding the oysters, mix all other ingredients together well and set aside.
3. Carefully open or shuck the oysters and set the bottom shells with the oysters in them on the bed of rock salt.
4. Place 1 tablespoon of the breadcrumb mixture on top of each oyster and spread it evenly so that the entire oyster is covered. Refrigerate the oysters for up to half an hour before baking.
5. Bake the oysters for 6-8 minutes, or until the bread crumb mixture becomes lightly golden brown. You can also place them under the grill in your oven for just under 1 minute to finish browning them if needed after baking. Watch them to make sure they don't burn.
6. Remove the oysters from the oven and carefully set them on a plate. Add fresh rock salt or dried beans as needed. Serve with lemon wedges and enjoy.

**TIP:** I like to use 1-2 drops of Young Living Lemon essential oil with my breadcrumbs. You can also use gluten-free breadcrumbs if you prefer.

**NOTE:** You can also have your fishmonger open the oysters for you - but use them as soon as possible once opened. Also, having the rock salt in the baking dish helps stabilise the oysters whilst baking, and it does the same when serving. Be careful handling the oysters when transferring them to a serving plate - they will be very hot!