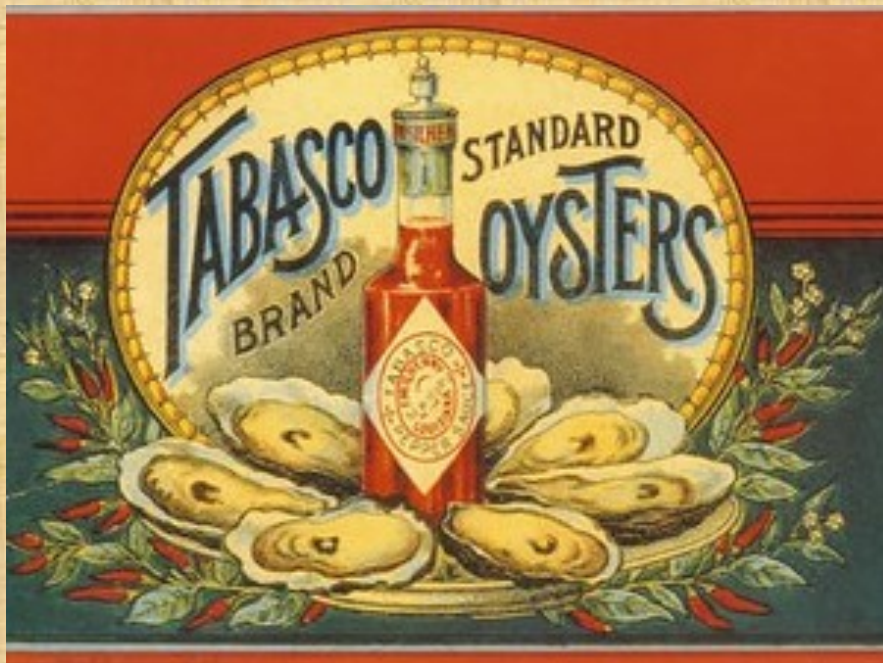


# Fried Oysters

Indigenous peoples of Canada and the U.S.A. have been eating oysters for around 9,000 years. By the late 1800s, oysters began being harvested in mass quantities in North America. By the 1910s oysters were half the price of beef. Oysters are an excellent source of high-quality protein and so were popular in times of meat scarcity, such as WWI. In the 1910s, restaurants dedicated to oysters began opening on North American coasts. They were trendy, cheap and nutritious.

## **Recipe:**

Drain the liquid from oysters, then roll each in cracker crumbs. Beat up a fresh egg with some liquid from the oysters and dip the oysters into the egg. Repeat this two or three times. Have some olive oil, butter or lard ready boiling. Drop the oysters in and fry until light brown in colour.



Recipe Credit: Ladies of St. Mary's Church, *Woodstock Cook Book*, 1917.