

# OYSTERS & SHELLFISH FROM THE LIMFJORD

**OYSTER-OPENING, TIPS &  
TRICKS AND THE RECIPES  
OF THE CHEF**

**FOOD FESTIVALS**  
EXPERIENCES WITH OYSTERS  
AND SHELLFISH

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## THE WORLD'S BEST OYSTERS

Many oyster enthusiasts consider the Danish Limfjord oysters to be the world's best.

Due to the low temperature of the water and the combination of fresh- and salt water, the Limfjord oysters grow so slowly that they gain a very special taste and consistency – why the flat, round shells are now in demand worldwide.

This type of oysters have a taste that is less salty and much more full of character and its meat is more firm than that of other oysters. Therefore it is rightly said when several people all the Limfjord oysters the best in the world.

## TWO KIND OF OYSTERS

*A real heaven for oyster- and shellfish enthusiasts.*

### LIMFJORD OYSTERS



The Limfjord is the only place in Denmark, where the European flat oyster (*Ostrea edulis*), that is the Limfjord oyster, still exists. The cool temperatures of the Limfjord causes the slow growth that provides the characteristic firm consistency of the Limfjord oyster. The taste is typically less salty than other oysters. The Limfjord oysters have a slight sweetness to them accompanied by nutty notes and a very mineral taste.

### PACIFIC OYSTERS

In recent years, the pacific oysters (*Crassostrea Gigas*) have started occurring in the Limfjord. This species originates from the ocean around Japan and has spread across large parts of the world. They thrive very well in the water temperatures and mineral- and salt balance of the Limfjord. Pacific oysters are more salty in taste than their European fellow species and their meat is softer.



A photograph of three people wearing waders and life vests, standing in shallow water and looking down at something in the water. They are near a rocky shore with a forested hill in the background under a blue sky with clouds.

## OYSTERS IN THE LIMFJORD

Already since the Stone Age, oysters have been part of the local culture and diet at the Limfjord. At "Stenaldercenteret" (The Stone Age Center) in Ertebølle you can experience the exciting history of the famous kitchen midden, filled with oyster shells.

Oysters since became a luxury food and in 1587 King Frederik II claimed exclusive rights to all oyster fishing in the fjord. A violation of which resulted in death penalty.

In 1825, the North Sea broke through the isthmus of Agger and created the fjord, as we know it today. This resulted in an increase in the oyster population. "Østerskompagniet" (The Oyster Company), later "Limfjordskompagniet" (The Limfjord Company), took over the monopoly until the 1980s, after which fishing oysters became free for all. However, true to tradition, at the beginning of the season the first oysters are still brought to the Danish Court.





## HOW TO OPEN AN OYSTER

### GUIDE BY VIGGO KJØLHEDE

Previously, Viggo himself was a fisherman, but now he manages the fishery for mussels and oysters as chairman of the association "Muslingeerhvervet" (The Mussel Industry). At the opening of the oyster fishing season in October, Viggo takes part in presenting oysters to the Danish Court.

#### "FAVOURITES"

Viggo prefers his oysters raw with just a bit of lemon and perhaps a drop of tabasco. Oysters are also excellent au gratin with a bit of bread crumbs, parmesan cheese, a little salt and pepper and then in the oven until the cheese is golden.

They can also be boiled whole with the shell for about 5 min. This makes them easy to open and the meat becomes firm. Now, the meat can be chopped into small pieces and mixed with mayonnaise, chopped onion, salt and pepper for a delicious salad.

It actually requires only a single tool to open oysters – an oyster knife. In order to get a firm grip on the shell and to not cut yourself, you can use a dish cloth or a pair of gardening gloves.



1) Get a firm grip on your oyster and turn the flat side up.



2) Find the end of the oyster and insert the knife between the shells and twist the knife upright.



3) Move the knife around the edge of the shell in order to cut through the muscle that keeps the oyster shut. Then you can lift the top shell off.



4) Free the meat from the bottom shell. Pour off excess water and remove any pieces of shell – bon appetit!

## OYSTERS DON'T NEED TO BE RAW

**INSPIRATION FROM JENS-PETER SKOV, "SALLINGSUND FÆRGEKRO" (SALLINGSUND FERRY INN)**

Innkeeper Jens-Peter Skov runs the legendary "Sallingsund Færgeskro" (Sallingsund Ferry Inn). It was from here the ferries "Pinen" (The Agony) and "Plagen" (The Pain) sailed from the Danish island of Mors to the mainland until the Sallingsund Bridge was built in 1978.

Jens-Peter serves a vast array of oyster dishes at the inn. In his early days at the inn, it was tradition to serve only oyster au naturel, i.e. raw oysters. However, many found it difficult to eat raw oysters, and Jens-Peter has since to a greater extent gone over to cook the oysters.

He is open-minded and loves to create new and unexpected ways to serve

Oysters should be cooked very gently and must never be exposed to degrees exceeding the boiling point. With such a valuable product as oysters, it's too much of a shame to ruin them. This also applies to the choice of ingredients in the dishes, in which, by all means, you shouldn't "drown out" the taste of oysters and salt water.

Even if he finds it difficult to limit himself to a single favourite, Jens-Peter highlights poached oysters with head chef Bob's homemade lemon purée. Perhaps with a sprinkle of cress or salad. A warm oyster au gratin is not too bad either.



## LEMON PURÉE

RECIPE FROM BOB TRINKJÆR, "SALLINGSUND  
FÆRGEKRO" (SALLINGSUND FERRY INN)

### INGREDIENTS

10 lemons  
400 g sugar  
2 dl lemon juice  
200 g butter



### PROCESS

Peel the lemons and boil up the peels in cold water 8 times.

Boil sugar and lemon juice together.

Lastly, blend it all together while warm and add the butter while blending.

# MUSSEL- & OYSTER SALAD

RECIPE FROM JENS-PETER SKOV, "SALLINGSUND  
FÆRGEKRO" (SALLINGSUND FERRY INN)

## INGREDIENTS

5 kg Limfjord mussels  
10 oysters  
2 carrots  
1 leek  
2 onions  
1 bottle of white wine  
2 apples (preferably cooking  
apples)  
20 pearl onions  
1 dl vinegar  
50 g sugar  
A small piece of beetroot  
10 stalks of fresh thyme  
½ savoy cabbage  
2 fresh corncobs



## PROCESS

Check/clean the mussels – dice the herbs. Put mussels, herbs and white wine into a pot and steam until they open (approx. 10 minutes). Let the mussels cool off and remove from their shells. Clean them by removing the string and possibly the beard in the middle. The juice of the oysters is used for poaching them. If it does not cover the oysters sufficiently, you can add water. When it reaches a boil, remove the oysters and allow to cool off. Can be poached the day before and be left in the cold brine overnight.

Open the oysters and free them from their shells. Conserve the brine for later use to make a good mussel- and oyster soup.

Boil up vinegar and sugar with the beetroot cut into small pieces and add the fresh thyme. Put the brine somewhere cold to infuse. Peel the fresh pearl onions and parboil them briefly in boiling water and hereafter put them in the brine. (If you use frozen onions, you can put them directly into the brine). Allow to infuse for 1 day.

Chop the savoy cabbage into strips. Peel the apples and cut into small cubes. Clean and boil the corncobs and peel off the corn from the stem. Divide the onions into quarters and mix with the cabbage, apples, corn, mussels and oysters (the latter you should cut in halves). You can use a dressing of own choice – for example oil/vinegar or a herb dressing.



## OYSTERS ON THE GRILL

### INSPIRATION FROM ENJOY LIMFJORDEN

Not everyone are up for tasting raw oysters. Therefore, you can grill your oysters in various ways, in order for everyone to be able to enjoy the delicacy. It is important that the heat of the grill is very high. You can add a little garlic butter, a few drops of white balsamic vinegar and chopped onions, or cook your oysters au gratin with a delicious cheese finely grated. Now, you have easily and quickly prepared oysters ready to be eaten. Enjoy your meal!

# COLD POACHED OYSTERS

RECIPE FROM PETER BØNDING, PAKHUSET

## INGREDIENTS

6 oysters  
1 dl good white wine  
1 dl Limfjord Porter  
from "Thisted Bryghus"  
(Thisted Brewery)  
3 sheets of gelatine  
(soaked in cold water)  
½ candied lemon  
Chive

## PROCESS

Remove all oysters from the shells and poach them in their own juice. Allow them to cool off. Heat the oyster juice, porter and white wine and melt the gelatine in it. Pour the jelly into a bowl and allow to stiffen in the fridge. Carefully clean the oyster shells. Blanch the shells and let them cool off. Put the chilled oysters in the shells. Chop the jelly and candied lemon, mix with a little finely chopped chive and sprinkle it over the oysters.

# OYSTERS WITH RASPBERRY "BEURRE BLANC"

RECIPE FROM JACOB FUSSING, VENØ KRO

## INGREDIENTS

12 oysters (for 4 people)

3 shallots

½ dl white wine vinegar

½ glas champagne

200 g friske hindbær

100 g smør

1 lille bundt purløg

## PROCESS

Chop the shallots finely and put them in a pot with the vinegar. Reduce to the half and add champagne. Wash the raspberries and put 12 berries aside. Add the remaining raspberries to the pot and reduce again to the half. Remove the pot from the heat and whip the cold butter in the sauce. Chop the chives finely and add to the sauce, put a bit aside for decoration. Open all the oysters and loosen them from the shell. Add a small spoonful of spicy sauce on each oyster, sprinkle with finely chopped chive and decorate with a whole raspberry.





## OYSTER SAFARI

Harvest some of the world's best oysters in the exquisite pantry of the Limfjord!

In the company of a guide, you can learn how to harvest fresh oysters from the fjord bed and prepare the delicate oysters at "Jyllandsakvariet" (The Aquarium of Jutland) in Thyborøn, Handbjerg Marina at Holstebro or in Nykøbing Mors with a biologist of the Danish Shellfish Centre.

After the trip in the fjord, you'll receive expert advice on how to open the oysters, which are enjoyed either raw or grilled with a glass of champagne or wine.

Book your next oyster safari on:

[WWW.ENJOY-LIMFJORDEN.COM](http://WWW.ENJOY-LIMFJORDEN.COM)

# LIMFJORD OYSTERS WITH SEA BUCKTHORN

RECIPE FROM TAMBOHUS KRO



## INGREDIENTS

4 people  
8 oysters  
200 g sea buckthorn  
200 g sugar  
Herbs for decoration  
4 sheets of gelatine  
5 dl water

## PROCESS

### SEA BUCKTHORN JELLY

Cook 100 g of sea buckthorn with 100 g of sugar and 3 dl of water for 5 minutes. Then blend with a hand blender and sieve the liquid. Measure the liquid and keep it warm. Then add 4 sheets of soaked gelatine per dl of liquid. The liquid is poured into a dish or on a plate. It is important that the liquid only covers the bottom of the dish. Put the dish/plate in the fridge and after 2 hours you can cut out circles of jelly.

The dish is put to the boil and after 2 hours round circles of jelly can be poured out.

### CANDIED SEA BUCKTHORN

Make a syrup of 2 dl of water and 100 g of sugar. When the syrup is boiling, pour the sea buckthorn into the pan and boil for 1 minute. Allow the berries to cool off in the syrup.

The candied berries can be made a few days before.

Shortly before serving, open the oysters and put on a dish with ice. Then add a circle of sea buckthorn jelly and garnish with candied sea buckthorn. Decorate with herbs.

# POACHED ANGLER WITH OYSTERS AND SALAD OF WINTER CABBAGE

RECIPE FROM NØRRE VOSBORG

## ANGLER

1 piece of angler tail  
(ask the fishmonger to  
debone the tail)

Butter

Thyme

Lemon

## WINTER CABBAGE

2 Jerusalem artichokes

1 kohlrabi

4 leaves of Brussels  
sprouts

## OYSTER SAUCE

2 Limfjord oysters

1 carrot

1 onion

2 dl white wine

250 butter

Garlic



## ANGLER

Salt the fish 1 hour before cooking it.

Roll the fish up in tin foil together with thyme and grated lemon zest, and close both ends. When rolled up, the thickness should be even. Poach the fish in sous vide at 50 degrees C for approx. 30 min.

## WINTER CABBAGE

Place the leaves of the Brussels sprouts in ice water.

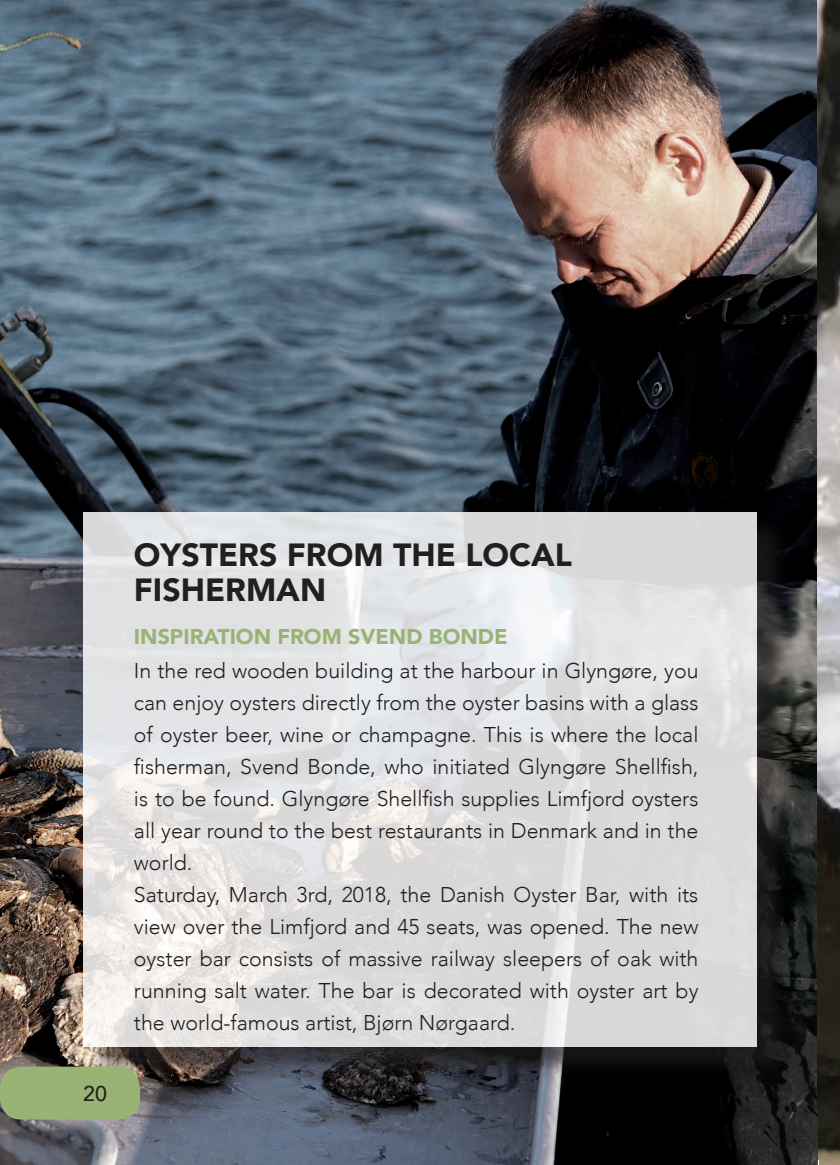
Cut Jerusalem artichokes and kohlrabi in thin slices with a mandoline slicer and cut into circles with a diameter of approx. 3-4 cm. Put in ice water as well.

Just before serving, mix it all with salt and pepper and a little sunflower oil and arrange it next to the fish.

## OYSTER SAUCE

Chop garlic, onions and the carrot and put it all in a pot coated with oil on medium-high heat. Fry for a couple of minutes and then add the white wine. Let it boil down to the half, after which it should be sifted and the vegetables removed. Now, open the oysters with an oyster knife and pour the liquid from the shells into the white wine brine. Chop the oysters roughly. Heat up the brine at low heat, cut the butter in cubes and add it little by little while whipping. Season with salt and pepper. 4-5 min. before serving, you then put the coarsely chopped oysters in the sauce.





## OYSTERS FROM THE LOCAL FISHERMAN

### INSPIRATION FROM SVEND BONDE

In the red wooden building at the harbour in Glyngøre, you can enjoy oysters directly from the oyster basins with a glass of oyster beer, wine or champagne. This is where the local fisherman, Svend Bonde, who initiated Glyngøre Shellfish, is to be found. Glyngøre Shellfish supplies Limfjord oysters all year round to the best restaurants in Denmark and in the world.

Saturday, March 3rd, 2018, the Danish Oyster Bar, with its view over the Limfjord and 45 seats, was opened. The new oyster bar consists of massive railway sleepers of oak with running salt water. The bar is decorated with oyster art by the world-famous artist, Bjørn Nørgaard.



## OYSTERS WITH SEAWEED CAVIAR

RECIPE FROM "JYLLANDSAKVARIET"

Open the freshly harvested oysters and free the meat. Then add three kinds of seaweed caviar consisting of lemon pearls and balsamic vinegar to the raw oysters. Add long-marinated red onions with apple vinegar and rose hip flower. Decorate with fresh dill.

### INGREDIENTS

Oysters  
3 kinds of seaweed caviar (lemon pearls, balsamic vinegar and onion)  
Red onion  
Apple cider vinegar  
Rose hip flower  
Dill



# OYSTERS WITH SAUCE MADE WITH BUTTERMILK AND HORSERADISH, SPICKLED BEETROOT AND HAM

RECIPE FROM DANIEL, "LIMFJORDENS HUS"

## INGREDIENTS

10 oysters  
2 dl buttermilk  
50 g chopped horseradish  
15 g sugar  
½ dl apple cider vinegar  
2 dl cream  
100 g home-pickled beetroot  
100 g dried ham

When preparing and combining ingredients for oysters, there's no need to be timid, says Daniel from "Limfjordens Hus" (The House of the Limfjord). Oysters have a strong flavour and can easily be paired with an acidic partner such as apple or even sea buckthorn. The balance between sweetness, acidity, bitterness and salt perfectly accompanies an oyster's salty and mineral character.



### **SAUCE**

Mix horseradish with buttermilk and let infuse for 12 hours, after which you sieve it and remove the horseradish. Boil up cream with vinegar and sugar and reduce to the half. Allow to cool off and then mix with the buttermilk

### **HAM**

Bake the dried ham in the oven for approx. 10 minutes at 180 degrees C until crisp. Cool off and blend into crumbles.

### **OYSTERS**

Open the oysters with an oyster knife and chop coarsely.

### **ARRANGEMENT**

Distribute the oysters in the shells and pour over the sauce so it covers the meat. Arrange the pickled beetroot and dried ham. Can be decorated with dill.

## OYSTERS AND SHELLFISH EVENTS

In many towns around the Limfjord, you celebrate oysters, shellfish and fish are celebrated with festivities and "hygge" on the harbour.

Among the many festivals and events , you can experience "**MUSLINGEDAGEN**" (Mussel Day) on the island of Fur or the Danish Shellfish Festival in Nykøbing Mors, which kicks off the summer every year in June.

In early August, you can experience the **FISH FESTIVAL** at the harbor in Thyborøn, and soon after there'll be more harbor atmosphere to experience in the old herring capital of Glyngøre at the Herring Festival.







**"SANSEFESTIVALEN"** (Festival of the Senses), which is the largest food market in Northwest Jutland, is held every August – in the middle of Struer town and harbour area.

In September, the **CRAB FESTIVAL** in Lemvig celebrates the brown crab, and in October the season starts for oyster-fishing with **THE OYSTER- & MUSSEL PREMIERE** in Nykøbing Mors. Here, the best oyster-openers, champagne-sabres and chefs compete to be Danish champions in their fields. From 12 to 21 of October, the festival **OYSTER TROPHY WEEK** is held in Lemvig, Struer, Holstebro, Skive and Mors. 9 days filled with oyster events, of which the main character of the festival is of course oysters.

See all events around the Limfjord on:

[WWW.ENJOY-LIMFJORDEN.COM](http://WWW.ENJOY-LIMFJORDEN.COM)

## **INSPIRATION: ENJOY LIMFJORDEN**

# **TIPS AND TRICKS**

### **SEASON OF OYSTERS**

It is said that the season stretches over the months that are spelled with an "r". In the other months, the oysters reproduce and should be left in peace.

### **GOOD OR BAD**

A good oyster is closed and still contains its liquid when opened. Good oysters smell of sea. A bad oyster is open, leaks its liquid and smells very bad.

### **OPENING OF OYSTER**

It can be hard work to open oysters and it is best to get hold of a sharp oyster knife. On oyster safari, you take part in harvesting the oysters yourself and thereafter you learn how to open the oysters and receive other good advice.

### **DRINKS TO ACCOMPANY OYSTERS**

The best you can serve with oysters is champagne, white wine or dark beer.

### **HARVESTING OF OYSTERS**

Oysters may contain cyanotoxins (toxins produced by blue-green algae) and bacteria. It is therefore very important to follow the advice you find on the webpage of the Danish Veterinary and Food Administration.





Pictures as well as recipes are produced by members of the local area, among other Morsø Turist Agency, Venø Inn, "Jyllandsakvariet" (The Aquarium of Jutland), Tambohus Inn, NørreVosborg, Svend Bonde and Limfjordens Hus.

# LEARN MORE ABOUT OYSTERS

Read about new knowledge and events  
on the webpage:

[WWW.ENJOY-LIMFJORDEN.COM](http://WWW.ENJOY-LIMFJORDEN.COM)

