

# Finishing in Clairenes Marennes Oléron

savoir-faire - unique in the world



Situated between the land and sea, the claires were formerly ponds used for salt production.

Now converted, they are still filled and emptied by the tidal cycle. The shallow water allows the light to penetrate to its bottom and helps the natural food of oysters - phytoplankton - to grow.

Marennes Oléron oysters have always been grown using this technique, which gives them a less oceanic flavour than those raised in the open sea (a unique ecosystem in France).

Oysters finished in claires have a better capacity for retaining water at low tide and therefore are better preserved after harvesting... There are no parasites in the outer shell, and there is a smooth mother-of-pearl inner shell.

With oysters grown entirely in Clairenes, a significant growth of flesh is accompanied by a very special flavour and texture, salt content being reduced by the Claire itself.



## How to open easily and perfectly oysters



1

Right handed: Oyster in the left hand with the hinge towards the wrist, the curved part of the shell in the palm. Left handed: Oyster in the right hand with the hinge towards the fingers, the curved part of the shell in the palm.



2

Place the thumb on the blade to hold it. Insert the blade at middle finger's level. Insert the blade, do not force!



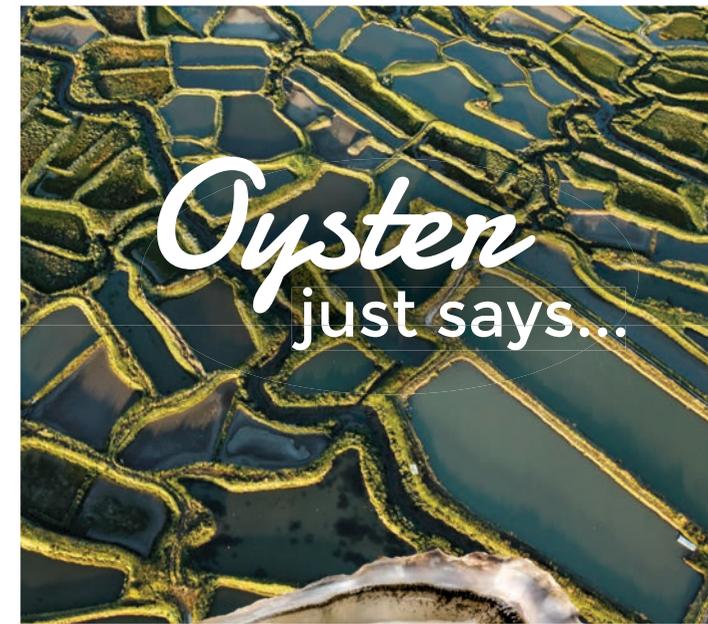
3

Cut the muscle. Pull the upper shell with the blade.



4

Detach the flesh from the upper shell. Pour out the water inside along with any shell broken during opening. Reposition the flesh.



# Oyster just says...



# Marennes Oléron

Finishing here and nowhere else



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The only range of oysters certified in France

# Marennes Oléron Oysters

The only range of oysters certified in France



## Fine de Claire

Oyster



Finished in claires of Marennes Oléron.

Oysters chosen for their qualities of flesh and shell. The fine de claire is for those who prefer a less fleshy oyster. These oysters are finished for several weeks in shallow clay ponds where they acquire a quality superior to that of oysters grown in the open sea.



## Fine de Claire Verte

Oyster Red Label

Oysters chosen for their qualities of flesh.

Green Colors acquired in claires of Marennes Oléron. The Red Label fine de claire should present a characteristic green tint resulting from the period spent in the Claire. The green colour, so highly appreciated, is the result of the presence of the naviculus micro algae, filtered by the oyster which retains the pigment marennine. This exceptional oyster is produced from October to May to respect its reproductive cycle and to guarantee them not to be milky.

## Spéciale de Claire

Oyster



Finished in claires of Marennes Oléron.

Oysters chosen for their qualities of flesh and shell. A deeper concavity in the shell shows a larger quantity of flesh. On tasting, the special de claire is distinct from the fine de claire by a firmer texture to the flesh, the volume in the mouth and a remarkable balance of sweetness and salt.

## Pousse en Claire

Oyster Red Label



Cultured at a very low density in the claire.

Cultured in claires where they stay for four to eight months. Oysters Pousse en Claire are sorted out and conditioned by hand. During its time in Claire the oyster produces a firm, abundant flesh with the notable flavor of the region, long on the palate. These oysters are the archetype of the Marennes Oléron range.



## Marennes Oléron Oysters

### Our health partner

The oyster is a low calorie food, as low in fat as fish. Even the oysters we call "grasse" (fat) have a low lipid content and are high in glycogen, a reserve sugar.

A dozen oysters is an ideal alternative to meat or fish, with proteins of excellent quality. Recent studies indicate that oysters contain three to four times less cholesterol than meat.

Oysters are rich sources of calcium and phosphorus as they help build and maintain strong bones.

Oligoelements such as zinc, selenium and copper are antioxidants which protect tissues and help slow ageing process.

The range of oligoelements offered by the oyster also make it a good source to combat fatigue.

Oysters are particularly recommended for compensating mineral loss, notably iron and copper.

8 oysters cover our daily requirements of zinc.

The oyster is low in fat: only 1,7 g of lipids for 100 g

8 oysters cover 15% of our daily requirements of Omega 3 which are necessary to mental growth.



## Oysters in evening dress



### Oysters and crêpinettes (For 2 persons)



1 crêpinette or 2 chipolatas,  
10 to 12 Marennes Oléron oysters.

For aperitif: size 4. Main course: size 2 or 3.

At Christmas in the south-west of France the crêpinette, a local sausage, is considered the finest accompaniment to oysters. If you cannot find crêpinettes, you can use chipolatas instead. To be eaten hot after lightly frying or grilling the sausage and drying on absorbent paper. Serve at the same time as your dish of oysters, separately or finely chopped and sprinkled on each oyster.

Our advice for the oysters: The special claire orousse en claire bring texture and meatiness to this original marriage of flavours. The fine de claire and fine de claire verte oysters may also be used to bring the saltier flavour of the ocean.



### Poivron confit and land (For 2 persons)



2 red peppers, 3 slices of smoked bacon,  
10 to 12 Marennes Oléron Oysters.

For aperitif: size four. Main course: size 2 or 3.

Wash and peel the peppers, chop into small pieces and fry gently in a saucepan with a drop of olive oil. Cut any fat off the bacon and lightly fry.

Just before serving remove the bacon from the heat and let it rest on absorbent paper. Cut into small squares. Take the Marennes Oléron oysters and cut the muscle, leave them in their shells. Add the softened peppers and bacon pieces while still warm.

Our advice for the oysters: The peppery taste calls for an oyster with lots of flesh and a long taste on the palate. Choose Marennes Oléron Red Label Speciales de Claires or PousSES en Claire.