



Oyster Stew

- 1 ½ cups water
- ½ cup yellow onion, peeled and minced
- 1 stalk celery, chopped
- 2 cups potatoes, diced
- 1 tsp. salt
- 1/8 tsp. white pepper
- 1 can (14 ounces) coconut milk or cream
- 1 Tbsp. butter
- 1 can (8 ounces) oysters

In a medium saucepan heat water, onion, celery, potatoes, salt, and pepper to boiling. Reduce heat and simmer for about 20 minutes or until potatoes are tender. Add coconut milk, butter, and oysters, including the oyster juice. Cook for about 5 minutes until heated through. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com