

CREDITS

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Mussels: The Fish Monger's Son (@thefishmongersson)

Oceanic refreshments: T.I.N.A. (@tina.drinks)

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LONG PRAWN

Online and offline platform for spaghetti gazing, food research, vigorously researched workshops and ideas around eating. Food events shrink wrapped in props and performance from tiny to large, hoping to preserve food knowledge by reviving historical ideas and bringing them to the surface of the pot again.

OYSTERLUX

Melbourne and Sydney based company specialising in freshly shucked Sydney Rock Oysters, Cloudy Bay Clams and Polanco Caviar. Delivering a roaming culinary experience at private and corporate events punctuated by warmth, sophistication and charm.

CLUB KITCHEN

Catering and pop-up food duo (Sooz and Dora) who bring small scale events to life with modern Mediterranean-style dining and tasty accompanied wines. 5% of all profits go to paying the rent.

T.I.N.A.

Modern beverage company making delicious, unconventional drinks without alcohol. T.I.N.A have set out to craft complex and interesting drinks that you can enjoy anywhere, using premium tea as a base alongside the highest quality ingredients.



OPEN NATURE 22: SHUCK STRUCTURES AND BIOMIMICRY

A floating artists talk and workshop which prys open how design and considered eating can help support our marine ecosystems. Hosted by Open House Melbourne, Long Prawn and Alex Goad.



This event would not have been possible without the help of Open House Melbourne and OysterLux.

SHUCK STRUCTURES AND BIOMIMICRY

Bringing together a net full of concerned yet motivated creatives, artists, scientists and minds to move people to create solutions for our seas.

Alex Goad's research and practice looks to help mitigate the increasing effects of human activity on marine ecosystems by creating 3D-printed Modular Artificial Reef Structures (MARS). The damage to coral reefs globally is a well-documented reality caused by a myriad of environmental pressures. MARS is designed for constructing reef habitats in tropical and temperate waters and forms part of Goad's body of solutions focused design work.

Long Prawn, through its ongoing research into creative and thoughtful eating, shares how some human activity can also benefit our marine ecosystems. The workshop arms an audience with the incredible benefits of the oyster and other bivalve molluscs. As nature's filters an adult oyster can filter 150L of water per day. When farmed respectfully the oyster has a particularly low impact on our oceans. Their reflection of their habitat and the purity of it also help people connect to their waterways. Yet the benefit of oysters does not end once it is harvested. Its shell, hard and calcium rich, when placed back into water, make the perfect substrate for native varieties to attach to. More and more frequently projects such as the Shuck Don't Chuck shell recycling project, run by The Nature Conservancy Australia, identify the value of this precious natural waste product, reusing the shells to create marine habitat.

Shuck structures is a workshop to inform and excite people about

sourcing and shucking their own oysters. Participants learn about the cyclical and sustainable value of the oyster before making their own oyster knife from melted and recycled plastic.

Just like Goad's precious work, everyone can positively contribute to marine eco-structures, not just by the choice of seafood they seek but also through their actions following consumption

OYSTERS AND PRYING THEM OPEN

As the saying goes, "If you give someone a fish, you feed them for a day. If you teach someone to fish, you feed them for a lifetime". Yet as we well know, our voracious appetite for seafood and a disconnect with this food system has seen our oceans significantly overfished. So rather than teach you how to fish, we wanted to teach you how to open and eat one of the more sustainable seafood products there are, oysters! And more than that we wanted to plant the idea that waste, whether it comes from oysters or your rubbish bin, can be given another life.

So the oyster. A miraculous little bivalve mollusc, actually filters the water it is in. Two bathtub loads a day at times. It is a wonderful reflection of its environment, and captures it in a really pure sense. As a crop, it takes no added food or inputs to its environment, just good water and time. Historically places like the Port Phillip Bay in Victoria and the Gulf St Vincent in SA had vast oyster reefs. Made up of the indigenous angasi oyster, these reefs were as tall as you or I. For thousands of years they were sustained and enjoyed by First Nations people. Yet sadly and true to form, not long after colonisation

this natural resource was almost entirely depleted, along with the dredge fishing, the reefs were largely wiped out by the turn of the 19th century.

So given this, you may rightly wonder, how is eating more oysters going to help this issue? Firstly the oysters we are most familiar with, either the Sydney Rock or the Pacific Oysters are actually both introduced and farmed species. Yet as far as a seafood choice, they are particularly sustainable. Interestingly, it takes oysters to grow more oysters and thankfully there are people doing amazing work to rebuild the desecrated oyster and mussel reefs. Juvenile oysters require a hard surface to latch onto and grow and as a clumping organism, they love nothing more than latching onto other oyster shells. So! Once you have enjoyed your oyster, it's value isn't gone, find a program you can give the shells to.



TO SHUCK AN OYSTER...

1. Source an oyster from a nearby waterway
2. Find a stable, hard surface; low enough for you to hold the oyster down firmly
3. Wrap oyster in your shuck rag with the rounded cup facing down and the pointed hinge of the oyster exposed
4. Place the tip of the shucker in the hinge of the shell where the top and bottom shell meet
5. As if you are turning a key, repetitively burrow the tip of the blade into the hinge between the two shells
6. Once the knife is firmly between the two shells, deep enough to give you some leverage, hold down the oyster firmly with the rag and twist the shucker, popping the hinge of the two shells apart
7. With the shell now open from the back, slide the shucker along the flatter top shell. You are looking to slice the adductor muscle which is at the two o'clock position when looking at the top shell
8. Remove top shell, then use the blade of the shucker to free the adductor muscle on the bottom shell. You can also flip the whole oyster for a neater presentation
9. While the liquid within the oyster is delicious, remove any small pieces of shell which may have made it in
10. Eat natural, season with lemon, vinegarette, or warm with rockafella if you're feeling reckless

DIVERTING RUBBISH FROM THE SEA

One of the worlds worst kept secrets is the amount of our single use plastic that ends up in our oceans. Even recycled products still rely on vast quantities of virgin material. Optimistically there is an undercurrent of designers, communities and tools which can help us divert some of this plastic back into long lasting and functional items again. Within this workshop we will show you how to work with HDPE plastic, a low melting and non toxic plastic which you find throughout the house (laundry bottles, milk lids etc). While on this occasion we will be making a oyster shucker handle, we encourage all

matter of ideas. A trove of supplies and information can be found at Precious Plastics Melbourne (plastic.org.au)

T.I.N.A. OCEANIC REFRESHMENT

A brew of steamed tea leaves reminiscent of umami, deep sea rich vegetation. Salt and vinegar fermented white peach shrubs.



Club Kitchen Oyster Condiments

Condiment 1: 'Fermented tomato water'

20 ox heart tomatoes
Extra virgin olive oil
Salt

Score and Blanch tomatoes for approximately one (1) minute to remove skins

Chop and hang peeled tomatoes in a cloth over a bowl to separate water from tomato flesh/pulp. Leave in fridge overnight.

Add 2% salt to tomato water and place in a vac sealed bag at room temperature to ferment for 1 week. This can then be frozen or placed in fridge to be used in other recipes.

Condiment 2: 'Yuzu Cucumber'

200ml yuzu juice
50 ml lemon juice
50 ml water
Itsp sugar

Itsp freshly minced ginger

Remove peel from cucumber and finely dice to lmm cubes

Combine yuzu juice, lemon juice, water, sugar, fresh minced ginger in a small bowl and stir until sugar dissolves

Pour liquid over cucumber and add Itsp of mixture to each oyster to serve

Once chilled, add a splash to each oyster with a few drops of good quality extra virgin olive oil to serve