

View from the Fridge – Recipes from Brian Donkin

Recipe # 137 – Dressed Crab Salad

Preparation time: 15 mins – Cooking time: 12 mins

Ingredients

2 live crabs
Tbspn salt
Tbspn mayonnaise
Tbspn whipped cream
1 hard boiled egg
Tbspn of chopped parsley

Method

1. In large pot of boiling salted water place the two crabs and bring back to the boil for 12 minutes
2. Tip the pot into a sink to let the water drain away and cover crabs with ice (this is so you do not wash the flavour out of the crabs by cooling with running water – never cool crabs with this method)
3. When nice and chilled (about an hour) remove the claws, smash them open with a rolling pin, take out the white meat and put to one side
4. A quick way of opening the body of the crab is to use a chisel or a screwdriver – gently prise the piece of crab with the legs on away from the shell (see picture)
5. Remove the hairy bits (lungs) around this portion (see picture)
6. Take out the brown meat, mix with cream and mayonnaise and put the resulting mixture back in the shell
7. Place the white meat on top of this and separate the white of the hard boiled eggs from the yolk and grate these separately
8. Place on top of crab as in picture with the chopped parsley down the centre
9. Serve with salad

Serves 2 (see next page for picture)

