

View from the Fridge – Recipes from Brian Donkin

Recipe # 138 – Crab Mornay

Preparation time: 15 mins – Cooking time: 12 mins

Ingredients:

2 live crabs
Tbspn salt
2 Tbspns butter
Tbspn gruyere cheese grated
Wine glass double cream
½ wine glass of whipped cream
Pinch cayenne pepper
Tspn beurre manier (see www.leithlinks.co.uk/view for recipe)

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, scrub the shell clean and replace the brown meat (into the cleaned shell), place the white meat on top and place in preheated oven (180 degrees) for five minutes
7. In separate pot place double cream, cheese, 1 tblspn butter, cayenne pepper and a pinch of salt
8. Bring to the boil and whisk in the buerre manier until smooth
9. Remove from heat and mix in the whipped cream and the other tblspn of butter
10. Remove crab from oven and cover with the sauce
11. Place under a hot grill for 30 seconds to glaze

Serves 2 (see next page for picture)

