

# Crab Recipe Card

Brown crab thrives in UK waters and is in season from spring to midwinter. Brown crab meat is found in the shell cavity of the crab while white meat is found in the claws, legs and main body of the crab. They offer two types of texture but are both delicate in flavour and easy to make into delicious meals.

## SPICY BAKED CRAB

### METHOD

Gently bring the milk to the boil in a small saucepan. Add the onion, bay leaf and cloves, turn off the heat and leave to infuse for 20 minutes. In another saucepan, melt the butter, before adding the flour. Stir continuously until they form a paste or 'roux'. Continue cooking for 2 minutes. Remove the onion, bay leaf and cloves from the milk and discard. Add the infused milk to the roux gradually, stirring as you go, until you get a smooth sauce. Cook for 5-10 minutes, stirring continuously, until the sauce has thickened to your required consistency.

Next, mix the cheese, salt, mustard, white pepper, and Worcestershire sauce into the béchamel sauce. Heat through before stirring in the finely diced red and green peppers, the crabmeat, and leave to cool.

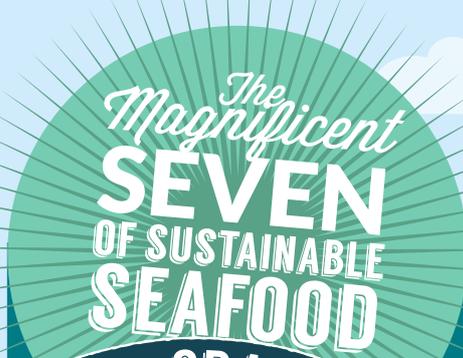
Fill either crab shells or scallop shells with the crab mixture and place on the top shelf of an oven and bake for 12-15 minutes, until golden brown on top. Serve with pitta bread and salad.

## CRAB REMOULADE

### METHOD

Grate the celeriac on the fine grater creating thin strands. Mix together with the mayonnaise, Dijon mustard, and the crabmeat. Season to taste with salt and pepper.

Serve with toast or use a pastry cutter to cut discs out of iceberg lettuce to make mini lettuce tacos, with a dollop of crab remoulade in the centre.



The NFFO has teamed up with Nigel Bloxham, chef and owner of Dorset based seafood restaurant, The Crab House Café, to offer these simple and tasty crab recipes.



### Spicy Baked Crab

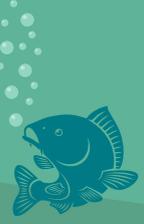
- 225g brown crab meat (source from your local reputable fishmonger)
- 115g grated cheddar cheese
- 1 red pepper, diced
- 1 green pepper, diced
- 2 tbsp English mustard
- ½ tsp Worcestershire sauce
- ½ tsp salt
- Good pinch of white pepper

### For the béchamel sauce

- 500ml milk
- ½ white onion
- 1 bay leaf
- 2 cloves
- 50g butter
- 50g plain flour
- Salt and pepper, to season

### Crab Remoulade

- 80g white crabmeat (source from your local reputable fishmonger)
- 80g peeled celeriac
- 40g good mayonnaise
- 10g Dijon mustard
- Salt and pepper to taste



# Crab Recipe Card

## CRAB HOUMOUS

### METHOD

Blend all the ingredients together and then slowly add the oil while still blending until smooth and silky. Adjust seasoning to taste.

Serve with crudities of your choice, for example, deep fried pitta bread or vegetable crudités.



### Sustainability Checklist

- ✓ Low environmental footprint - crabs are caught in stationary pots using bait that helps to feed the stock
- ✓ The fisheries are managed through a simple set of measures, such as regulating the minimum landing size of animals
- ✓ Undersize crabs can be safely returned to the sea to breed and add to the stock's biomass
- ✓ There is a large export market for brown crab, but more and more people in the UK are trying out the delights of this species, which can be found at many of our ports and smaller landing points around the coast.

## The Magnificent SEVEN OF SUSTAINABLE SEAFOOD

### CRAB

NIGEL BLOXHAM



### INGREDIENTS

#### Crab Houmous

80g brown crabmeat (source from your local reputable fishmonger)

800g tin of chick peas or butter beans drained giving 480g

Or 480g of blanched broad beans or garden peas

Juice of one lemon

2 level tsp salt

1 level tsp ground black pepper

500ml English rape seed oil or olive oil

Vegetable crudités or pitta bread

