

Dressed Crab

200-300g	Unprepared crab per portion	
	Fresh breadcrumbs	Salt and pepper
	Mayonnaise	Henderson's relish
	Lettuce	Tomatoes
Optional	egg, anchovies, capers, olives	

When buying crab they should have both claws and are heavy in comparison to size. Bets bought alive to ensure freshness.



Fish board
Saucepan
Knife
Bowl
Spoon
Sieve



Place crabs in boiling salted water with a little vinegar. Boil for 15-20mins according to their size (these times are for crabs weighing 1-5lbs). Allow to cool in the cooking liquor.

Remove large claw at the joint. Remove flexible pincer from the claw. Crack carefully and remove all flesh. Remove flesh from 2 remaining joints with spon handle.

Carefully remove the soft under-shell. Discard the gills and the sac from behind the eyes. Scrape out the inside of the shell and pass through the sieve.

Season with salt, pepper, Henderson's relish and a little mayonnaise. Thicken lightly with fresh white breadcrumbs.

Trim the shell by tapping carefully along the natural line. Scrub the shell thoroughly and leave to dry.

Dress the brown meat down the centre of the shell. Shred the white meat, taking care to remove any shell pieces. Dress neatly down either side of the brown meat.

Decorate as desired, using any of the following: chopped parsley, hard-boiled white and yolk of egg, anchovies, capers and olives.

Serve the crab of a flat dish, garnished with lettuce leaves, quarters of tomato and the legs.