

Sometimes we find ourselves wondering what to cook next. I?m sure everybody has been in that boat? But when the local supermarket throws a ?Curved Ball? we?re off!

Preparation:-

I?m a ?Butcher? not a ?Fish Monger?, so I approached this as a Sea Pig with the bones on the outside!

(1) Flip your boiled Crab over so you can see the under side.
(2) With the snippy claws away from you press your thumbs into the point just about the edge of the top shell. You?ll hear a crack.
(3) Pull the legs off and set aside.
(4) Pull the bottom part of the shell away from the top case.
(5) You?ll see the ?Dead man?s fingers?, the gills. They are frilly and look far from edible. Pull them off and bin them!
(6) The body cavity has a membrane half way through it, make sure you remove this.
(7) Everything else you can spoon out.

Ingredients:-

1 boiled Spider Crab
8 King Prawns, de-shelled
3 Cloves of Garlic, minced
4 Shallots, finely diced
2 Tbsp of Parsley, finely diced

Salt & Peeper to season
2 Tbsp of Butter / Margarine
120ml of White Wine
120ml of Lactose free Milk
2 Tbsp of Cashew Nut Flour
3 Tbsp of Gluten Free Bread Crumbs
20g of Italian style Grated Cheese

Method:-

(1) Remove all the contents from the top shell and wash it out.
(2) In a large frying pan add the Butter / Margarine and fry the Garlic and Shallots until softened.
(3) Season with Salt & Pepper.
(4) Add the Parsley, Thyme and White Wine.
(5) Turn down the heat and allow to reduce by half.
(6) Heat the Milk to warm in a separate pan and stir in the Cashew Nut Powder. Allow to simmer.
(7) Add the Prawns to the frying pan and cook until Pink.
(8) Add the Crab Meat and stir in well.
(9) Add the Milk & Nut mix and allow to simmer until thickened.
(10) Scoop the mixture into the top shell.
(11) Combine the Breadcrumbs and Italian Style grated Cheese with 1 Tbsp of Parsley.
(12) Sprinkle over the top and place under the grill until browned.

Serve with the Legs arranged around over Noodles and a Salad.

The most notable part of this recipe (Apart from it being incredibly good) is Sue?s adaptation for a ?Cream? Sauce. If Lactose causes you issues ? Lactose free Milk and ground Cashew Nuts really do work.