



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 & Pepper 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.