

Sautéed Soft Crab



With Sherry and Cherry Tomato Dressing/Pan Sauce

- 1 Tbsp. Extra Virgin Olive Oil
- 1 Clove Garlic, minced
- 1 Shallot, julienne
- 1 Cup Cherry tomatoes, cut in 1/2
- 1/2 Cup Dry Sherry (you can substitute white wine)
- 1 Tbsp. Dijon mustard
- 3 Tbsp. Butter
- Fresh Italian parsley, minced - for garnish
- Salt and Pepper to taste

Directions:

Sauté shallot and garlic in olive oil until translucent. Add cherry tomatoes and Sherry cook until Sherry has reduced by 3/4 and tomatoes burst. Add Dijon mustard and swirl in pan, add the soft crab to the pan. Cook for approx. 2-3 minutes on each side, or until the internal temperature reaches 160°F. Swirl butter in to pan. Season to taste.

Serve as a warm spinach salad tossing the greens with the sauce/dressing, add pinenuts, crumbled bacon or pancetta and dried cranberries.

Other serving suggestion: Toss with cooked pasta and garnish with parsley.

Blackened Grilled Soft Crab



Blackening Seasoning:

- 3 Tbsp. paprika
- 1 Tsp. salt
- 1Tbsp. onion powder
- 1 Tsp. Black Pepper, freshly ground
- 1 Tsp. cayenne pepper
- 1 Tsp. dried thyme
- 1 Tsp. dried oregano
- 1/2 Tsp. garlic powder

Directions:

Brush the soft crab lightly with canola oil.

Coat the soft crab liberally with blackening seasoning and grill for 3-4 minutes on each side, or until the crab reaches an internal temperature of 160°F. Serve next to garlic roasted potatoes, coleslaw, jalapeno cornbread or rice pilaf.

Other serving suggestions: Serve blackened soft crabs as an accompaniment to any salad or on a sandwich.