



Coconut Red Curry Soft Crabs with Soba Noodles

Ingredients:

1 T Soybean Oil	2 cloves Garlic, minced	1 t Ginger, minced
½ Onion, finely diced	½ C Carrots, shredded	1 T Red Curry Paste
2 C Unsweetned Coconut Milk	1 ½ t Honey	2 T Cilantro
2 Scallions, thinly sliced	1 lime cut in to wedges as garnish	Salt, to taste
1# Soba Noodles, cooked	2 Jumbo Handy Soft Crabs	

1. Sauté garlic, ginger, onion and carrots until translucent – about 4 minutes
2. Add red curry past and cook one minute. Whisk in coconut milk and honey.
3. Bring to a simmer and add soft crabs, cook approximately 2-3 minutes on each side, or until the crab has cooked through and reached an internal temperature of 160 degrees.
4. Add edamame, cilantro and scallions and season to taste with salt.
5. Toss with soba noodles and garnish with a fresh squeeze of lime.

Grilled Southwest Dusted Soft Crabs with Fresh Avocado, Corn and Black Bean Relish

Seasoning:

2T Paprika	2T Chili Powder	1 T Coriander
1 T Garlic Powder	1 t Onion Powder	2 t Cumin
1 t Black Pepper	1t Cayenne Pepper	1 t Dried Oregano

Brush Soft Crabs with soybean oil and dust Soft Crabs liberally with southwest seasoning and grill for 3-4 minutes on each side, or until the crab reaches an internal temperature of 160 degrees. Serve with Avocado, Corn and Black Bean Relish

1 Avocado, diced	1 C fresh or frozen Corn
½ C Black Beans	1 clove Garlic, minced
2 Scallions, thinly sliced	1 T Extra Virgin Olive Oil
½ Lime, juiced	Salt and Black Pepper, to taste

Combine the first 4 ingredients, toss gently with Olive Oil and Lime Juice, season with Salt and Pepper. .