

living on the coast recipe cards- soft shell crab



Ingredients.

1 soft shell crab
Bunch of baby rocket
Semi dried tomatoes
Avocado
fresh lemon
500 gm corn flour
Soda water
Cup of milk
Dressing (favourite)

Method.

Stage 1. cleaning crab

Lift top of shell off bottom of crab under running water wash mustard like substance and remove the sponge like fingers. Place on dry tea towel to drain.

Stage 2. Preparing salad

Combine rocket, sun dried tomatoes and avocado in a bowl, toss with fresh lemon juice and place on serving plate.

Stage 3. Battering and cooking crab

Combine flour, soda water and milk, whisk until you have a nice smooth thick batter.

Dust dried crab with cornflour, dip into batter and place into heated oil. (oil should be 180 deg c)

Fry until golden brown turning crab over a couple of times

When golden brown, remove crab from oil and drain, place on top of salad and drizzle with chill oil or any of your favourite dressings



Throughout series one and two we have been travelling to locations on the coast cooking up some great dishes. Adam has been showing you some of his favourites from the award winning Trevi's menu.

Our cooking segment is proudly sponsored by the Trevi fountain restaurant you can visit www.trevifountain.com.au or ph adam 02 44230285 in business hours if you require any advice or to make a booking for dinner the next time you are in the shoalhaven