

STEAMED CHILLI BLUE SWIMMER CRAB

EQUIPMENT

CHEF KNIFE, WOK OR DEEP SIDED FRYPAN, SMALL MIXING BOWL, SPOONS, TONGS

INGREDIENTS

2 CLEANED BLUE SWIMMER, 3CM PIECE OF GINGER CUT INTO JULIENNE, 2 CLOVES GARLIC FINELY SLICED, 2 SPRING ONIONS CUT INTO 5CM SECTIONS, 1 BIRDS EYE CHILLI SLICED, 20GM OYSTER SAUCE, 20GM KECAP MANIS (SWEET SOY), 50GM LINGHAMS CHILLI SAUCE, 120GM SHAOXING WINE, 20GM VEGETABLE OIL, CORIANDER LEAVES FOR GARNISH

METHOD

SLICE THE GINGER, GARLIC, CHILLI AND SPRING ONIONS AND SET ASIDE BEFORE BEGINNING

CLEAN AND PORTION CRABS (SEE THE HOW TO CLEAN BLUE SWIMMER CRABS VIDEO)

IN A SMALL MIXING BOWL MIX OYSTER SAUCE, CHILLI SAUCE AND SOY AND SET ASIDE

PLACE THE CRAB PORTIONS ON A PERFORATED STEAM TRAY AND PLACE INTO A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 7 MINS

WHILE THE CRAB COOKS PLACE THE FRYPAN OVER HIGH HEAT AND ONCE HOT ADD THE VEGETABLE OIL NOW ADD THE GINGER AND FRY FOR 30 SECONDS

NEXT ADD THE GARLIC AND FRY FOR A FURTHER 15-20 SECONDS NOW ADD THE SPRING ONIONS AND COOK FOR 20 SECONDS

DE-GLAZE THE PAN WITH THE SHAOXING WINE AND REDUCE BY HALF, ONCE REDUCED ADD THE SAUCE MIX AND COOK FOR 30 SECONDS

REMOVE THE CRAB FROM THE OVEN AND ADD DIRECTLY TO THE PAN, TOSS THROUGH THE SAUCE FOR 1-2 MINS AND REMOVE FROM THE HEAT

PLACE THE CRABS ON THE PLATE AND POUR OVER ANY REMAINING SAUCE, GARNISH WITH CHOPPED CHILLI, SLICED SPRING ONIONS AND CORIANDER

HINTS & TIPS

- IF YOU CAN'T FIND BLUE SWIMMER CRABS YOU CAN SUBSTITUTE WITH SAND CRABS THAT ARE AVAILABLE ALL YEAR
- ALTHOUGH A LITTLE DIFFICULT TO EAT AT TIMES THE CONTRAST BETWEEN THE SPICE AND HEAT OF CHILLI TO THE SWEETNESS OF CRAB ARE A MATCH MADE IN HEAVEN
- INGREDIENTS LIKE SHAOXING WINE (CHINESE COOKING WINE) ARE NOW READILY AVAILABLE IN MOST MAJOR SUPERMARKETS BUT IF YOU CANT FIND IT THERE HEAD TO YOUR LOCAL ASIAN GROCER AND THEY WILL POINT YOU IN THE RIGHT DIRECTION