

Blue Swimmer Crab with Pasta

Feeds 4

Ingredients:

3 blue swimmer, sand or velvet crabs
3 Tblsps olive oil
3 crushed garlic cloves
3 Tblsps dry wine
A 500ml jar basil or arrabbiata pasta sauce
salt/pepper

Method:

Boil 3 blue swimmer, sand or velvet crabs for 3 minutes.

Drain and clean crabs by breaking off legs and removing their inedible parts including gill/lungs. Cut body into quarters. Partially crush larger legs to allow juices to interchange whilst cooking.

In a large deep frypan on medium-high heat, heat 3 tblsp of good olive oil and fry 3 crushed garlic cloves for 2 minutes. Add crabs and cook a further 2 - 3 minutes. Add 3 tblsps dry white wine. Cook 2 – 3 minutes.

At this point you can put the water on for the pasta and then cook pasta whilst continuing to make the sauce.

Add a large jar of the More Than a Mouthful tomato and basil or Arrabbiata sauce . Simmer for 15 – 20 minutes. For the final 2 minutes of cooking season with salt and pepper, add a good handful each of chopped Italian parsley and optional coriander.

Remove crabs. Add sauce to pasta and mix well. Serve crab on top of the pasta .

Serve with a rocket and parmesan salad. Wash down with a chilled sauvignon blanc.

