

SO MUCH TO SEA...

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Stir fried crab with ginger, spring onion and black bean sauce

Recipe by Bo Simmons

The recipe serves 4, but can easily be increased for larger numbers. Great with noodles and a fresh green salad.

Ingredients:

1 cooked partan crab about
1 1/2 kilos in weight
2 tbsp vegetable oil
5 cm ginger, grated
8 spring onions
1 tbsp black bean sauce

4 cloves garlic
2 tbsp rice wine
1 tbsp tamari
3 tbsp water
splash of olive oil
salt and pepper

Method:

Twist the legs and claws off the crab and break slightly with a rolling pin.

Remove the tail flap and pull the body away from the back shell.

Remove the dead men's fingers and cut the main body into quarters.

Save all the brown meat and put to one side. Throw away the shell.

Heat the oil in a wok, add the ginger, spring onions, garlic and black bean sauce, stir fry for 1 min.

Add all the crab meat and the brown meat, the rice wine, tamari, water and seasoning and cook for a further 1-2 min and serve immediately.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust