

# 1970's Soft Shell Crab

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## Soft Shell Crab

[Prep: 30mins / Cook: 8mins / TOTAL: 38mins]

[Serving size about 1 crab per person, earlier in the season the crabs are smaller so you may want to get 2 per person]

- 4 soft shell crabs
- 2 cups whole milk
- 3 tablespoons Wondra flour [the crabs need to be lightly dusted with flour, adjust tbsp amount if you are cooking more]
- 1/2 cup parsley, washed and chopped
- 3 tablespoons chives, washed and chopped
- 1 tablespoon chopped onion
- 1 garlic clove minced
- 4 tablespoons lemon juice, about 2-3 lemons
- 2 tablespoons butter, separated
- 1/4 cup white wine
- salt
- fresh ground black pepper

### *Optional sides:*

*Green beans or haricôt vert: washed and ends trimmed, blanched ahead of time for about 2 minutes with just enough water to cover them. Tossed in ice bath and set out to dry for a few minutes. Then quickly sautéed in olive oil with slivered garlic and red pepper flakes*

*Roasted asparagus with parmesan cheese: washed and ends snapped off, lightly tossed in olive oil and seasoned with salt and pepper, evenly spread out on baking sheet. Cooked in oven at 400° for about 10-15 minutes, depending on the thickness of the asparagus. Remove from oven, turn on broiler and grate enough parmesan to lightly cover the asparagus, return to oven for 30 seconds under the broiler.*

*Boiled small potatoes lightly pan fried with fresh herbs and butter: bring potatoes to a boil over high heat in a deep skillet with just enough water to cover them - you'll want most of the potatoes touching the bottom of the skillet. Let boil for about 10 minutes. Drain potatoes and turn the heat down to a simmer, add 1 tablespoon butter and toss with herbs of choice. Let them lightly pan fry while you finish cooking the soft shell crabs.*

*Mixed green salad tossed with lemon and olive oil. You can serve the crab on a bed of this salad - makes for a pretty presentation!*

Most seafood stores will have already cleaned and prepped the soft shell crabs before you bring them home - keep them in the fridge until you are ready to cook them.

Pour the milk into a shallow bowl and add 1/4 cup parsley, 1 tablespoon chives, onion, garlic, 1 tablespoon lemon juice, a few dashes salt and a few grinds fresh black pepper. Add the crabs and let soak for about 25 minutes. There should be enough milk to cover the crabs, if not then adjust amount.

If you are making side dishes you should prep/cook them now.

Remove the crabs from the milk mixture and pat dry. Dust entire crab with flour.

Place large cast iron skillet over med-high heat and add 1 1/2 tablespoons butter. When butter begins to foam add the soft shell crabs bottoms down first, evenly spread out and let cook for about 3-4 minutes, or until golden brown - make sure to have a splatter screen ready, you will need it! Flip the crabs and finish cooking top side down for 3-4 more minutes, also until they are golden brown. Remove them from the skillet and add 1 tablespoon butter, scraping up all the browned bits and add a few pinches parsley and chives [leaving a little of both for garnish] the remaining lemon juice and white wine. Stir well and let cook down for 1-2 minutes.

Evenly disperse the white wine sauce over the plated soft shell crabs and serve with your sides. Enjoy!