

Muncaster Crab, Tossed Salad, Hen's Egg, English Mustard Mayonnaise

Servings: 4 Portions

Equipment:

4 x Bowls
Deep Fryer
Grill pan
Pastry brush

Main Ingredients

4 Med/large Muncaster Crab Claws (cartilage removed)
100gms White Muncaster crab Meat
24 Brown Crab Balls (see recipe)
4 Bantam eggs (boil for 3 minutes, refresh in iced water)
100ml Beer Batter
Salad ingredients – see recipe
English Mustard Mayo – see recipe
Lemon Dressing – see recipe
4 x Little Gem lettuce – see recipe

Ingredients for the Beer Batter Crab Claws:

Equipment:

40gm Fecule
40gm Self Raising Flour
40gm Cornflour
150ml Bowland Bitter
2gms Salt

Isi Gun & 3 cartridges

Method:

1. Mix all the ingredients well and place in the Isi gun
2. Take the four Crab Claws and lightly flour
3. Place into the batter and fry at 180°C for 1 minute until light and crispy
4. Keep warm and reserve.

Brown Crab Balls:

70gms	Brown Crab Meat
1	Beaten Egg
50gms	Flour
50gms	Breadcrumbs (Soft)
	Lemon juice and Salt to Taste

Method:

1. Mix Together the brown crab meat and the lemon juice, season
2. Weigh the crab mix into 4g balls
3. Lightly dust the crab balls with flour then dip them into the beaten egg, then roll them through the soft breadcrumbs
4. Fry in the deep fryer until golden at 170⁰c

Salad Ingredients

16	Tiny English vine tomatoes, blanch and peel, then season with a little Salt, sugar, lime juice and rapeseed oil
40gms	Spring Onions, cut into 5mm Batons
80gms	Radish Finely Sliced
40gms	Cucumber peeled and deseeded, cut into 5mm batons
50gms	Picked Samphire
40gms	Onions (diced)
1	Bunch of Sorrel, Finely Shredded

When ready to assemble

1. Take all the salad ingredients and place in a medium bowl, add a little lemon dressing and season with salt and pepper.

Ingredients English Mustard Mayo:

80g	Thick mayonnaise
1 ½ tbsp	Creme Fraich
3 tsp	English Mustard
	Squeeze Lemon Juice

Method:

1. Mix all the ingredients well and reserve

Ingredients Lemon Dressing:

30g	Lemon Juice
2g	Salt
3g	Sugar
75g	Rapeseed oil

Method:

1. Mix all the ingredients well and reserve

Ingredients for Little Gem Lettuce Hearts

4	Little Gem Lettuce
50gms	Butter
	Pinch sea salt

Method:

1. Remove all the outer lettuce leaves until just the lettuce heart is left
2. Blanch for 5 seconds in boiling water and dry on kitchen paper
3. Brush the hearts with butter and quickly grill on a very hot grill pan for 10-15 seconds, reserve
4. Rinse and wash some of the nicer leaves for the salad, about 4 per portion

To Assemble:

1. Place the little gem lettuce in the centre of the bowls, place the white crab meat on top of the little gem lettuce
2. Top and tail the bantam egg, leaving the yolk showing on top. Place the egg to the left hand side of the bowl. Put the vine tomato below the egg.
3. Place the tossed salad ingredients on top, dress with the warm lemon dressing
4. Put the crab claws in the centre of the salad and the brown crab meat balls around, drizzle with lemon dressing and finely place a dessert spoon of English mustard mayonnaise to the opposite side to the egg. Finish with shredded sorrel