

## coconut chilli crabs



### Method:

Humane way to kill crabs: If your going to use live crabs as we did in the show it's important to dispatch them in a humane way. A common technique used commercially is to put crabs to sleep in ice salted water for 2hrs before cooking.

Cut crabs into quarters, remove dead mans fingers.

Heat wok until smoking

Add crab and stir in aromatics - chilli, garlic, onion, lemon grass, coriander root, & ginger

Add coconut cream

Bring to the boil, simmer for 4 mins

Add cooked pumpkin and cooked green beans

Add a few splashes of fish sauce, lime juice and palm sugar

**Taste:** Correct seasoning it might need more lime juice or fish sauce

**To plate:** Boil noodles for 3mins, drain, place in a bowl  
Arrange crab neatly in centre of the plate.

This to me is summer on a plate! Enjoy with an ice cold beer.

### Ingredients:

2x tins coconut cream  
2 x blue swimmer crabs  
1x long red chilli de-seeded chopped fine.  
½ lemon grass chopped fine  
½ red onion chopped fine  
1x knob of ginger sliced fine strips  
1x coriander root chopped fine (save leaves for garnish)  
½ a bunch Thai Basil leaves  
1 x kaffir lime leaf shredded fine  
100g green beans (any green veg is good)  
150g cooked butternut pumpkin cubed (I like to roast my pumpkin in little olive oil and salt and pepper it gives it a natural sweetness)  
Fish sauce to taste  
50g palm sugar  
1pkt of cooked rice glass noodles.  
2x limes  
150 mls vegetable oil

*Paul Breheny*

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