



Recipe
suggestions

Crab curry (serves 4-6)

Ingredients

- > olive oil
- > 3 tsp fennel seeds
- > 2 heaped tsp black mustard seeds
- > 5 green cardamon pods, crushed and husks removed
- > 1 tsp cumin seeds
- > thumb-sized piece of ginger, finely sliced
- > 2 garlic cloves, finely sliced
- > 1 medium white onion, finely sliced
- > 2-3 red chillis, deseeded and finely sliced
- > 2 heaped tsp turmeric
- > 20g butter
- > 250g brown crabmeat
- > 1 x 400ml coconut milk
- > juice of 2 lemons
- > 500g white crabmeat
- > bunch of coriander, leaves picked

Method

- > Heat 2 tablespoons of olive oil in a large pan and add the fennel seeds, mustard seeds, cardamon pods, cumin seeds, ginger, garlic, onion and chilli
- > Fry on a medium heat for 4 mins until lightly golden, then add the turmeric, butter and brown crabmeat.
- > After 1 min, pour in the coconut milk and a tinful of water. Let it simmer for 5 mins, then add the lemon juice and simmer for another 10 mins, until the sauce resembles double cream consistency
- > Stir in the white crabmeat and half the coriander and simmer for 4 mins
- > Season carefully with salt and pepper, and a little more lemon juice if you think it is required
- > Serve with steamed rice, sprinkled with the rest of the coriander leaves

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