



Singaporean Chilli Mud Crab

INGREDIENTS

Chilli base

- 24g garlic (peeled)
- 24g ginger (finely sliced)
- 10g birds eye chilli
- 24 ml canola oil
- 12 ml peanut oil

Chilli Sauce

- 1050g tinned tomatoes (blitzed)
- 125g palm sugar
- 375 ml water
- 94g tomato sauce
- 12g corn flour
- 63 ml lime juice
- 13g salt
- 13g pepper
- 35g black bean & garlic sauce

To cook the Crab

- ¼ tsp chilli powder
- 2 (600-800g) mud crab
- 80g chilli Base
- 1200 ml chilli sauce
- 60 ml peanut oil
- 100 ml water
- 4 egg whites
- ½ bunch (30g) coriander
- 1 lemon

Crab:



Serves: 4



Prep Time: 30 min



Cooking Time: 40 min

METHOD

To make the Chilli Base:

1. Remove green stalks from bird's eye chillies, and place garlic, ginger, and 15ml of canola oil in the food processor. Blend until smooth. Add remaining oils, and continue to blend until well combined. Store in the fridge until ready to use.

To make the Chilli Sauce:

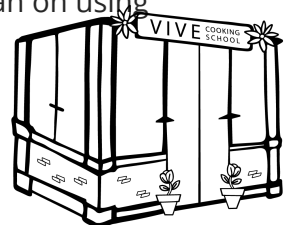
1. Place all ingredients, except lime juice and corn flour, into a pot and bring to the boil.
2. Return to a simmer, and cook for 20-30mins (until flavours develop depth), and colour deepens in red colour.
3. Whisk the corn flour slurry (corn flour and water mixed together until no more lumps), and finish with lime juice.

*** Note: if freezing the sauce for a later date, add lime juice when you plan on using the sauce.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool





To make the Crab:

1. Prepare the crab by opening the top head shell and removing the gills (keep top of head for flavour and presentation). Cut the body into quarters (ensuring legs are in even amounts, as best as possible), and lightly crack claws with a meat mallet (hitting only once per joint).
2. Heat half the peanut oil in a large wok over a high heat. Add prepared crab (except the head shell), and stir-fry until starting to colour (2 min). Remove the crab, and set aside.
3. Add the remaining peanut oil, Singapore chilli base, and chilli powder. Cook until tender, and fragrant (2-3 min).
4. Add Singapore chilli sauce, mix well, and bring to the boil.
5. Return the crab to the wok (except the head shell), cover with a lid and cook (roughly 12 min).
6. Remove lid, add in head shell, and turn all crab over. Check consistency of sauce, if thick add water, and return lid for further cooking (roughly 5 min). Cook the crab until it is orange in colour, and check claws are cooked through.
7. Remove crab, and mix egg whites with remaining sauce.
8. Remove from heat, and serve hot alongside bread/ steamed rice, and topped with coriander and lemon.

**Note: divide ingredients in half and do each crab in a separate wok each, as to not overcrowd the wok.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

