



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

# Soft Shell Crab



*the taste of fresh*

## THE CUSTOMER'S FAVORITE ON ANY SEAFOOD MENU.

Skin is soft and sizes are uniform. Crabs are sweet and tender with plenty of meat.

### AVAILABLE:

Whales 6/9 ct.  
Jumbo 6/12 ct.  
Prime 6/12 ct.  
Hotel 6/18 ct.

### FRESH FACTS:

- Farm raised crabs in natural habitat
- Plump body with soft shell, individually wrapped for ease in preparation
- Present breaded or sautéed in you favorite seasonings

Product of Vietnam

# *the taste of fresh serving suggestions*

## CORNMEAL-CRUSTED SOFT SHELL CRABS WITH CILANTRO LIME TARTAR SAUCE



### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION

2 cups buttermilk  
2 large whole eggs  
1 tbsp. kosher salt  
1 tsp. black pepper  
1 tsp. dried parsley flakes

8 pcs. frozen **Soft Shell Crabs**  
(Whales, Jumbo, or Primes)  
1 quart of vegetable oil  
1 cup self-rising cake flour  
1 cup cornmeal

### Lime Tartar Sauce

1 cup mayonnaise  
¼ cup chopped dill pickles  
¼ cup chopped red onion  
½ cup chopped cilantro

2 tbsp. drained capers, chopped  
1 tbsp. fresh lime juice  
2 tsp. minced fresh jalapenos

Combine all ingredients and mix well. Refrigerate at least 1 hour.

### DIRECTIONS

Whisk together buttermilk, eggs, salt and pepper and pour into 3-quart shallow dish. Add Soft Shell Crabs, cover and let soak for 1 hour in refrigerator. Heat oil, about 2 inches deep in heavy duty skillet, to about 375 degrees. Blend cornmeal, flour and dried parsley flakes in large bowl. Next, remove crabs from liquid and drain excess. Add to cornmeal breading and coat well, removing excess breading. Then deep fry in oil for 3-5 minutes, turning over half way through frying (watch for popping of crabs). Drain crabs on paper towels and serve with lime tartar sauce. **Yields 4 servings**

## STUFFED SOFT SHELL CRABS



### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION

8 pcs. **Soft Shell Crabs**  
¼ cup chopped onion  
¼ cup chopped celery  
2 tbsp. chopped green peppers  
1 garlic clove, minced  
¼ cup melted butter or margarine  
1 cup cracker crumbs  
2 tbsp. buttermilk

1 whole egg  
1 tbsp. chopped fresh parsley  
½ tsp. dry mustard  
½ tsp. Worcestershire sauce  
½ cup parmesan cheese  
¼ tsp. salt  
⅛ tsp. cayenne pepper

### DIRECTIONS

Sauté onions, celery, peppers and garlic in butter or margarine 4-5 minutes until tender. In a medium bowl, combine mixture with next 8 ingredients. Next take Soft Shells and pat dry to remove any excess moisture and place in well greased baking pan. Remove top shell from crabs and fill each cavity with 1 tablespoon of stuffing. Replace top of shells and brush with melted butter or margarine. Top with parmesan cheese and season with salt and fresh cracked pepper. Bake at 400 degrees for 15 minutes. When done, plate and serve with zesty coleslaw.

**Yields 4 servings**