



Softshell Crab Sammies With NoMayo Coleslaw

Chef@Market: Maggie Haren

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Soft-shelled crabs are delicate and sweet, with an interesting, but not off-putting set of soft-and-crunchy textures that work beautifully when the crab has been swiftly sautéed with a light coating of flour. Soft-shelled crabs can be difficult to buy fresh, depending on the season. But fear not! Check with **Shipwreck Seafood** weekly to see what they have available!

THE CRABS – Martha Stewart Style

1 1/2 cups	all-purpose flour
2 tsp	coarse salt
1 tsp	freshly ground pepper
12	small soft-shell crabs, cleaned (Thawed completely and dried well if frozen)
12 Tbsp	vegetable oil
6 Tbsp	unsalted butter
1/4 cup	loosely packed fresh flat-leaf parsley leaves, chopped
3 lemons	cut in half
6	Kaiser rolls or your favorite sandwich roll



- Whisk flour, salt, and pepper in a shallow dish. Dredge 2 soft-shell crabs in flour mixture, coating well, shaking off excess. Heat 2 tablespoons oil in a medium sauté pan over medium-high heat. The oil should be very hot but not smoking. Place flour-coated crabs, back side down, in sauté pan; reduce heat to medium if pan starts to smoke. Sauté crabs until golden and crisp, about 3 minutes (do not stand too close to pan; crabs tend to spatter during cooking). Turn crabs over, and cook 2 minutes more.
- Add 1 tablespoon butter and a large pinch of parsley to skillet. Squeeze the juice of half a lemon over crabs if desired. Keep warm in a low oven. Repeat process until all the crabs are cooked.

THE COLESLAW – Make this in the morning and refrigerate until you cook the crabs.

½ cup	white vinegar
6 Tbps	sugar – or less to taste
6 Tbps	Vegetable oil
2 ½ tsp	dry mustard (or 1 T yellow mustard)
1 tsp	celery seed (1 large stalk, very finely minced)
1 medium	green cabbage
1 medium	sweet onion very thinly sliced
1 large	green bell pepper, very thinly sliced OR 1 large carrot shredded

Combine all the ingredients except cabbage pepper or carrot, into a medium saucepan and bring to a boil stirring until the sugar is melted. Remove from heat and cool completely. While it's cooling shred your cabbage by slicing it as thinly as possible or shredding in your food processor. Add the bell pepper and/or shredded carrot. When the dressing is cooled pour over the cabbage, toss well, and refrigerate for at least 2 hours. Place 1 or 2 crabs on a fresh roll, top with coleslaw.

Maggie's Notes/Tips

- *You can use the pan drippings with an extra pat of butter and a little white wine to make a sauce to drizzle on top.*
- *Frozen softshell crabs must be thawed completely and drained and dried completely for best results.*

Ocean Pines Farmers and Artisans Market – at White Horse Park
239 Ocean Parkway, Ocean Pines, MD 21811
Saturdays 8am to 1pm – Year-round