



BROWN CRAB

BROWN BRITISH CRAB WITH FLAVOURS OF GAZPACHO

(Serves)



Ingredients:

- 1 red onion, chopped
- 2 garlic cloves, finely chopped
- 1 red pepper, deseeded and chopped
- 4 ripe tomatoes, chopped
- 1 slice white bread, crusts removed and torn
- 500ml passata (sieved tomatoes)
- 300ml vegetable stock
- 5 tbsp olive oil, plus extra
- 4 tbsp wine vinegar
- 1 tsp Tabasco
- 1 tsp sugar
- Basil leaves, to serve
- 150g white crab claw meat
- 150g brown crab body meat
- 10g unsalted butter melted
- 10 ml double cream or natural yoghurt
- Salt and pepper to taste

Method:

Put onion, garlic, pepper, tomatoes and bread in a food processor and blend until finely chopped, but not too smooth. Tip into large bowl with passata, stock, oil, vinegar, Tabasco, sugar and seasoning. Mix well, cover the bowl with cling film or foil and put in the fridge for at least 2 hrs or overnight.

For the crab, simply empty your crab meat into a bowl, picking through with your fingers to remove any shell fragments. Slowly mix in the butter and cream (or yoghurt if you're feeling healthy) a little at a time until the meat is just bound - you don't want this mix too wet and soggy. Season to taste with the salt and pepper.

To serve, pour the gazpacho into glasses and garnish with a celery stalk, and fresh basil. Scoop the crab generously onto a plate besides the glass. Serve with some toasted wholegrain bread.

Recipe from Dave Critchley,

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