

Sharp Steamwave Recipe

Steamed Crab with Garlic Soy Sauce

INGREDIENTS

2 live mud crabs (approx. 600g each)
2 tbs soy sauce
1 tbs sesame oil
3 shallots, finely sliced
2 cloves of garlic, crushed
1 birds eye chili, finely chopped



INSTRUCTIONS

- Place crabs in freezer for 30-60 minutes to ensure they fall into a dormant, unaware state.
- Segment the crabs by lifting the flap underneath their body with your thumb, then using your hands; pull apart the top half of the crab by grabbing the body with one hand and the top with your other. Pry apart and discard the top half (shell). Pull off the gills (soft finger-like streamers) from either side of the body and discard. Pull the claws off the body, then using a sharp knife, cut the body of the crab in half. You should be left with 4 half-bodies (with legs attached) and 4 claws separated from the body.
- Place the half bodies and claws onto the steam tray, then place the steam tray onto the glass tray provided. Place into the Lower position.
- Fill the water tank and set the oven to STEAM HIGH > 20 MINUTES > START.
- Combine soy sauce, sesame oil, shallots garlic and chili in a small bowl. Mix together well.
- Once the crab is cooked (bright red / orange in colour).
- Place on serving plate, pour garlic soy sauce mixture over the crab pieces.

