

CRAB MAYONNAISE



MINUTES TO PREPARE

5



SERVES

2

(double for 4)

INGREDIENTS

150g white crab meat
150g brown crab meat
1 tablespoon light mayonnaise
1 tablespoon Greek yoghurt
Juice of 1/2 lemon
Good grind of black pepper
Pinch of salt
Pinch of paprika

LET'S GET MIXING

- 1 Place all of the ingredients into a bowl and mix well using a fork. Don't worry about some of the more of the lumpy brown bits, they give a nice contrast in texture.
- 2 Serve on hot buttered toast with dressed green leaves.

"How can I live in South Devon and not bring you a brown crab recipe? This is crab in one of its simplest and most delicious forms. You don't have to wait for your next trip to the coast to make it... why not try it yourself at home. The main season for crab here is from April to November and you can pick it up (or order) from most fishmongers. Crab is high in Omega 3 and a fantastic source of protein, so with a little sourdough or DizzleSky loaf, some leaves and some crunchy vegetables, this is a perfectly nutritious meal. I've substituted half of the mayonnaise for Greek yoghurt to keep it balanced and calcium-rich."

I'm often asked what's the difference between the white and brown meat? Well, white meat is from the claws and brown meat is from the body. White meat has a lighter taste and the brown meat is stronger, but creates more flavour. I enjoy a mix of the two, but if you find crab too strong, it might be an idea to try just the white meat first while you get used to it. If you have children and are not sure if your children will go for it, give it a go! Mine are starting to become interested, mainly my littlest, but I keep reintroducing it to keep them exposed to it. What's the worst that can happen? They turn it down?!"