

Step-by-step guide to preparing a cooked crab. It takes around half an hour but it is well worth the effort and is much cheaper than buying ready-picked meat.



Step 1
Put the crab on its back, twist off the claws and legs and set aside



Step 2
Press your thumbs against the shell close to the tail, push and prise away from the body



Step 3
Pull away the feathery gills found around the body and inside the shell, discard



Step 4
Use a spoon to scoop out the brown meat and keep in one bowl



Step 5
Use a skewer to pick the white meat out of the cavities and put in a separate bowl



Step 6
Crack the claws and legs with something heavy, try to break with one tap so the shell doesn't shatter into pieces



Step 7
Use a skewer to pick out the white meat. Discard the cartilage and check for shell fragments



Step 8
Remove the claw bone from within the big claws and discard

Step 9: Season & Serve!

Break the overlapping rim from around the edge of the shell. Wash, dry and oil the inside. Season the two bowls of meat with salt, pepper, lemon juice and cayenne pepper. Arrange the coloured meats in the shell and serve with a green salad and good quality mayonnaise.



This recipe was kindly supplied by Selsey Willow Seafood, East Beach, Selsey. Tel: 07930 311489

The Sea's the Day project celebrates the Selsey fishing industry. Find out more at:

www.peninsulapartnership.org.uk/projects/seas-the-day/



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