



Dorset crab cocktail

1 whole crab
2 head baby gem lettuce
200g mayonnaise
1 punnet mustard cress
Lemon
Sea salt
Cracked pepper
Extra virgin rape seed oil
viniagrette
4x cleaned crab shells

1. Boil the whole crab for 15 minutes, remove from the water and leave in a bowl covered for 10 minutes. Then chill.
2. Pick the white and brown meat form the crab into separate bowls
3. Season the white meat with sea salt, pepper, lemon juice and rapeseed oil.
4. Mix 50g of brown meat with 100g mayonnaise.
5. Put the rest of the mayonnaise into a small piping bag.
6. Chiffonade the baby gem and dress with vinaigrette.
7. Cut the cress and wash in iced water, then store on a dry cloth

To assemble the dish;

1. In the base of the shell put a good layer of the baby gem
2. Top this with an even layer of the seasoned white crab meat
3. Put a neat dessert spoonful of the brown crab meat mayonnaise in to the centre of the white meat.
4. Add 3 dots of the rapeseed mayonnaise on each side of the brown meat
5. Top the whole dish with the mustard cress

Serve the shell over crushed ice and with melba toast on the side.