

Soft Shell Crab Sandwich

4 soft shell crabs
2 eggs
1/2 cup of flour
1/2 cup of corn meal
1/4 cup of olive Oil
Salt & Pepper
Oldbay Seasoning
4 hard rolls
Lettuce
Tomato
Wasabi powder
1/4 cup of mayo

Cleaning the soft shell crab:

Take a pair of sharp scissors and snip 1/8 inch off the front part of the crab (the eyes and mouth). Lift up the soft shell on the main body. Under each side you will find a set of gills - just snip them out. Once the gills are removed, turn the crab over. At the bottom, you will see a flap. Pull that flap up and remove it. Your crab is now ready to be rinsed off and paper towel dried.

The Flour:

Mix the flour with salt, pepper and Oldbay spice (to your liking). Mix with a fork. Coat each crab.

Eggs:

Beat the 2 eggs. Dip each flour-coated crab.

Corn Meal:

Coat each egg-dipped crab with the corn meal.

Sautee:

In a skillet, bring the olive oil up to heat. Sautee each crab for about 2 minutes on each side until golden brown.

Place sautéed crabs onto a hard roll lined with lettuce and tomato. Drizzle with wasabi mayo (Mix mayo and 1 teaspoon of wasabi paste until well blended).

Makes 4 sandwiches.