

SHAMBLES

restaurant & winebar

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CORNISH KING (SPIDER) CRAB RISOTTO, WHITE WINE, LEMON ZEST, CHIVES & COURGETTE FLOWERS NEW NAME FOR THE HUMBLE SPIDER!

Cornish Spider Crab has been a big hit for many years overseas but not so much on our home shores. Hopefully this is set to change as it will now be called Cornish King Crab under a new Brexit branding incentive to encourage 'Brits' to eat more local produce. The claws are full of moist, white meat that is a prized delicacy. They are so delicious it's thought to be the best in the world. It's definitely something that everyone should try at least once. They can grow up to 80cm (in claw span) and are

often caught using pots, and the great thing about potting is that it has a minimal impact on the environment and harvesting is also meant to be extremely sustainable. To celebrate this delicious ingredient and, in our usual fashion, we've created an Italian recipe, or should we say, 'we've put Italy into an English crab?!'

We're now serving Cornish king crab in the restaurant with courgette flowers, so give it a try at the restaurant or create it at home.

INGREDIENTS

Serves 4

- 500g x Risotto rice - 'Carnaroli' grain
- 1 x Cornish king crab - Cooked
- 3ltr x Vegetable stock
- 85g x Diced banana shallots
- 75ml x White wine
- 120g x Unsalted English butter - Cold
- Half Bunch x Chopped chives
- 4 x Courgette flowers - Stigma removed
- 1 x Unwaxed lemon - Washed



METHOD

1. Open the crab by separating the body from the top head shell. Remove the brown meat and set aside in the fridge. Using the back of a knife, crack into the body and claws. Pick out the white meat from the cavities, being observant to remove any shell shards.
2. Put the stock and brown crab meat in a deep pot and bring to the boil, whilst stirring.
3. On a low heat add half the butter to a deep saucepan and sauté the chopped shallots until soft and translucent - being careful not to let them brown.
4. Add the rice and toast it with the onions for a further 2-3 minutes, again without any colouring.
5. Turn up the heat and immediately pour in the wine; it should sizzle as it hits the pan. Continue reducing the wine until most of the liquid has evaporated.

6. Start adding the crab stock one ladleful at a time, continuing to stir as you do so, and not adding the next ladle of stock until the pan is almost dry. Remember not to flood the rice with stock, you want to stew the rice, not to boil it.
7. After 15 minutes, add the last ladle of stock whilst stirring until the rice is cooked, this should take another 2 to 3 minutes.
8. Correcting the consistency. Risotto shouldn't sit on the plate like a solid lump. It needs to be able to slightly spread, but stay firmly together when the plate is wiggled back and forth - a happy medium.
The cooked rice should be firm, not chalky in the middle, al dente - with a bite.
9. Cover the pan and leave to sit off the heat for 1 minute. Don't skip this part or the butter when added (next step) will likely separate from the rice.
10. Stir in the white crab meat, zest of a lemon and half its juice. Vigorously knock back and stir the rest of the cold butter and emulsify, then allow to sit for a further 1 minute.
11. Season to taste, check the rice consistency again and add a drop more stock if needed.
12. Plate inside the shell, sprinkle over the chopped herbs and courgette flowers (if available).

BUON APPETITO!
MASSIMO