

## HOW TO COOK YOUR CRAB

First your crab needs to be sedated. Put it in the deep freeze for about 1 to 1.5 hours before cooking.

Heat a large pot of generously salted water until it reaches a rolling boil.

Take the crab out of the freezer and carefully drop into the pot to avoid any splashes.

Bring back to the boil and simmer for:

Crab 20 minutes

Remove the crab from the pot and run under the cold tap until cooled.

## PREPARING YOUR CRAB

Arm yourself with a heavy bladed knife, a rolling pin or equally heavy object, and a teaspoon.

Remove the front claws and legs by twisting and set aside.

Turn the body of the crab on its back and hook your thumbs under the heart shaped body. By holding onto the main shell with your fingers and pressing up with your thumbs the body will come away from the shell neatly.

Remove the lungs, or dead men's fingers, 10 in all, from the crab body and discard. There may be some left in the shell so look there too. Set aside the body.

Take the shell and remove and discard the crab stomach that will be at the front centre of the shell. Use a teaspoon to scrape the brown meat out of the shell and place in a small bowl. There may also be some harder off white pieces that are forming shell: These can be added to the brown meat.

Use a fork to mix and break up the brown meat and set aside.

Take up the crab body and cut in quarters. Use your fingers to gently roll the white crab meat out of the various cell like structures inside the body. When finished discard the body.

Take the front claws and twist off at the first joint. Use the back of the teaspoon to scrape the meat out of the section nearest the body.

Next take the pincher. Use the back of the knife to crack open the pincher with one sharp blow. The back end of the claw should just pull away. Snap off the smaller claw and pull it and the attached membrane away. The meat should now pull straight out. Use your fingers to roll the white meat off the cartilage that runs through the middle.

On the remaining part of the claw use the back of the knife to crack open the shell and the teaspoon handle to extract the meat.

Employ the same technique with the other legs using the back of the knife to crack open the shell and extract the meat.

## HOW TO COOK YOUR SENNEN COVE LOBSTER

First your lobster needs to be sedated. Put it in the deep freeze for about 1 to 1.5 hours before cooking.

Heat a large pot of generously salted water until it reaches a rolling boil.

Take the lobster out of the freezer and carefully drop into the pot to avoid any splashes.

Bring back to the boil and simmer for:

Lobster 10 - 15 minutes

Remove the lobster from the pot and run under the cold tap until cooled.

## PREPARING YOUR LOBSTER

Remove the main claws from the body with a sharp twist. Ignore the legs.

Break the claw from the rest of the leg. Use the back a heavy knife to split the shell then break in two. Firmly twist the small claw until it comes away. You should now be able to pull the claw meat away from the shell whole. There is a plasticy membrane in the middle of the claw meat that can be left in place and eaten around.

Break the remaining leg in two with a twist. Use the back of the knife to split the shell and remove the meat with the handle end of a teaspoon.

Repeat with the other claw.

Take the main body and place upright on a chopping board. Locate a cross on the shell towards the back of the head. Use a sharp heavy knife and force the point right through the body at the join of the cross. Lever the knife back down the tail splitting the tail portion in two.

Reverse the lobster and slice through the shell in the other direction until the lobster is in two halves split lengthways down the middle.

The tail meat can be eased out of the shell with fingers or levered out with a spoon. It should come away whole. Remove the vein that sometimes runs the length of the tail using the point of a knife to free it then pull away with your fingers.

Remove the small rubbery sack from the top of the head portion. This is the stomach and should be discarded.

The rest of the head meat can be scooped out and used including any coral from a female. This can be fried with oil and garlic and used in a pasta dish. Any green roe, though looking unsavoury, is perfectly tasty and can be used as well.