

fresh fish markets



featured recipe!

Sauteed Soft-Shell Crabs

Serves 2

Ingredients

4 soft shell crabs

4 tbsp flour

2 tsp Old Bay seasoning (extra for garnish if desired)

4 tbsp butter

Directions:

Mix old bay and flour on a plate or in a bowl.

Blot any excess moisture out of the crabs with paper towels.

Gently toss crabs in flour mixture until well coated.

Put butter in skillet and heat to just below medium.

Place crabs carefully in pan with their underside down first and rearrange their legs to cook as evenly as possible.

Cook for 4 minutes and FLIP- readjust legs again and cook 4 more minutes.

Plate, serve, savor!