

Crab and Malt with Caviar



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by Michelin-starred Chef **Phil Fanning**

Executive Chef and Proprietor of **Paris House**



Pickled Cucumbers

- 4 small ridge back cucumbers
 - 200g water (a)
 - 200g rice wine vinegar (a)
 - 200g sugar (a)
 - 20g salt (a)
 - 1 tsp malt extract (a)
 - 1 shallot finely sliced (b)
 - 1 bay leaf (b)
 - 1 tsp dill seed (b)
 - 1 sprig tarragon (b)
1. Bring (a) to the boil add (b) and allow to cool.
 2. Put the cucumbers horizontally into a tight fitting jar and cover with the pickle liquor and leave to pickle for 1 week.

Picked Crab

- 1x 1-2kg Cock crab (live)
 - 4 kg water
 - 35g Malt extract
1. Bring the water and malt extract to the boil in a large pan with a lid, drop the live crab into the water and replace the lid, as soon as the pan has come back to the boil turn the heat down and gently simmer for 10-15 minutes.
 2. As soon as the time is up, lift the crab out and drop it into ice water to stop the cooking. Allow the crab to cool then crack and pick all the meat from the body and legs. Go through the crab meat at least twice to remove any shell.
 3. Remove the brown head meat and spread onto a non-slip baking mat and bake on a low heat, about 90—100c until dry.

Crab cooking times:

- 1.0—1.2kg = 10 mins. 1.2—1.5 kg = 12 mins.
- 1.5—2.9 kg = 14 mins. 2.0kg + = 15 mins.

Crab Oil

- 300g Crab bones
 - 570g veg oil
1. Crush the crab legs and body with a rolling pin until you have 1cm pieces. Bake this on a tray for about 40 minutes at 180°c until dry and lightly toasted.
 2. Transfer the toasted bones to a small pan and cover with oil. Heat to about 80°c and hold this temperature for about 1 hour until the bones have imparted their flavour. Drain the oil from the shell and allow to cool.

Brown crab tapioca crisps

- 50g tapioca pearls
 - 325g fish stock or crab water
 - 15g Brown crab powder
 - 1tsp Malt extract
 - 2pinch of fennel pollen
1. Cook the tapioca pearls in a large pan of boiling water for 16 minutes, drain and allow to cool. Transfer half the cooked tapioca to a food processor and add the dried brown crab meat, malt extract and the fennel pollen. Set the processor running and add enough water to make a wallpaper paste consistency, add the remaining cooked pearls and quickly bring together.
 2. Spread the mix in a thin layer onto a nonstick baking mat and bake at 90-100c until the tapioca has just dried. You might need to flip the sheet over half way through to dry the under side.
 3. To cook, drop a piece of the tapioca crisp into oil heated to 180c for a couple of seconds to puff up, drain and season.

Crab Mayonnaise

- 21g egg yolk, pasteurized (a)
 - 7g Lemon juice (a)
 - 7g malt extract (a)
 - 5g Dijon mustard (a)
 - 1 pinch Fennel pollen (optional) (a)
 - 0.5 pinch xanthum (optional) (a)
 - 120g Crab oil
1. Make the mayonnaise by putting (a) into a small bowl, whilst whisking slowly emulsifying the crab oil into the mixture.

TO FINISH

1. Finish the dish by mixing a little of the mayonnaise with the crab meat, lemon juice, fennel pollen and Maldon salt to taste.
2. Build all the elements on to a plate. Crab meat, diced pickled cucumber, fresh cucumber, tapioca crisp, a little mayonnaise and finally fennel fronds and a huge spoon full of **caviar**.