

MARYLAND FARM & HARVEST

The Local Buy recipe, Episode 910

Soft Shell Crab Sandwiches

Soft Shell Crabs:

- 4 soft shell crabs, cleaned and prepped
- 1-2 quarts frying oil (vegetable or peanut)

Crab Breading:

- 2 cups seafood breading mix
- 1 cup yellow cornmeal
- ¼ cup Old Bay
- 2 TBS lemon pepper seasoning
- salt and black pepper

Sandwich Fixings:

- Hearty white sandwich bread
- mayonnaise
- lettuce (green leaf, iceberg, or romaine)
- tomato (preferably heirloom varieties)



- Mix breading ingredients in a large bowl. Dip the cleaned crabs into breading mixture and thoroughly cover. Gently pat to help breading stick to crabs. Set aside.

- Heat oil in a deep fryer to 365 degrees. Carefully lower a breaded crab into the fryer and cook for about 5 minutes, until it is well browned. Remove the crab from the fryer, and place on paper towels to drain. Repeat frying process with remaining crabs. (Finished crabs can be kept warm on rimmed baking sheet in an oven at 200 degrees.)

- Toast bread and slice lettuce and tomatoes. Spread mayonnaise on toast, then place lettuce and tomato on every other slice. Top with fried crabs, assemble sandwiches, and serve immediately.