

RESPONSIBLE
FISHING
SINCE 1976



PRODUCT OF SCOTLAND



ROCK CRAB

Wild-caught from the cold, clear waters surrounding the United Kingdom, Clearwater's Rock Crabs have sweet, delicate white meat in their claws and rich, savory brown meat in their bodies. Whole Rock Crabs are suitable for steaming, frying, boiling and other cooking methods.



TIPS

HOW TO REMOVE MEAT

① Pull out the crab navel.

② Move the carapace aside and clear the gills from the opening.

③ Cut the crab into two parts from the middle with a knife or scissors.

④ To crack claws, twist each claw to separate from body. Hold claw and use a cracker or mallet to crack. Remove meat and discard any remaining shell fragments. Check out Clearwater's Rock Crab Claw video for further instructions: <https://www.clearwater.ca/en/clearwater-rock-crab-claws/>



FRIED ROCK CRAB WITH GINGER, SCALLION AND RICE CAKE



INGREDIENTS

Clearwater Rock Crab	1	Oyster sauce	1 tsp
Corn starch	¼ cup	Yellow rice wine	½ tsp
Oil	4 tsp	Salt	¼ tsp
Chinese rice cake	1	Ground pepper	¼ tsp
Scallion, chopped	4 tsp	Water	2 tbsp
Ginger, minced	4 tsp	Sesame oil	½ tsp
Garlic, mashed	1 tsp		



PREPARATION

- 1 Wash crab, cut into pieces and add corn starch.
- 2 Heat oil in a pan on medium/high setting. Add crab and fry until half-cooked. Remove crab and set aside.
- 3 Stir-fry Chinese rice cake, scallion, ginger and garlic on medium heat. Add oyster sauce, yellow rice wine, salt/pepper and mix to combine. Add 2 tbsp of water and crab. Cover pot and braise on medium heat until crab is cooked and water is absorbed. Finish with sesame oil and serve.



CURRY ROCK CRAB



INGREDIENTS

Clearwater Rock Crab	1	Scallion, finely chopped	1 tsp
Corn starch	3 tbsp	Ground ginger	1 tsp
Oil	4 tsp	Lemongrass, chopped	1 stalk
Onion, finely chopped	½ cup	Curry leaf, chopped	¼ tsp
Palm sugar	1 tsp	Water	¼ cup
Curry paste	2 tsp	Salt	¼ tsp
Garlic, mashed	1 tsp	Coconut milk	¾ cup



PREPARATION

- 1 Wash crab, cut into pieces and add corn starch.
- 2 Heat 2 tsp of oil in a pan on medium/high setting. Add crab and fry until half-cooked. Remove crab and set aside.
- 3 Add remaining oil to pot, onion, palm sugar, curry paste, garlic, scallion and yellow ginger powder.
- 4 Add crab, lemongrass, curry leaf, ¼ cup of water and salt. Braise for 3 minutes on medium heat and add coconut milk. Serve.



STEWED ROCK CRAB BALLS



INGREDIENTS

Clearwater Rock Crab	1	Salt	2	tsp		
Pork belly	1	lb	Ground pepper	1/2	tsp	
Water chestnut, finely chopped	4	tsp	Corn starch	4	tsp	
Scallion, finely chopped	1/2	tsp	Chicken stock	3	1/2	cups
Ginger, minced	1	tsp	Pak choi	1/4	cup	
Egg	1					



PREPARATION

- 1 Remove crab meat and dice pork belly. Set aside.
- 2 Mix crab meat, pork belly, water chestnut, scallion, ginger, egg, salt and pepper.
- 3 Form the mixture into small balls (approximately 2 tbsp each) and roll in corn starch.
- 4 Heat pot on medium-high setting and bring chicken stock to a boil. Add crab meat balls and pakchoi. Braise for 3 hours on medium heat. Serve.





REMARKABLE SEAFOOD, RESPONSIBLE CHOICE

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