

# Lloyd Platt & Co. - RECIPE N0.7

## Mitchell Tonks

“This is a fragrant dish, with great sensations and a good mix of sweet and sour taste. It is a sensuous dish eaten with your fingers”

*Mitchell Tonks*

### **SWEET AND SOUR CHILLI BAKED CRAB**

This is a great simple dish, packed with flavour. The fragrance of Asian herbs enthruse me every time to want to go and cook shellfish and although there is a lot of flavour in this dish it doesn't overpower the taste and texture of the crab. You could also do this recipe with lobster or with monkfish. Enjoy!

#### **You will need – Serves 2**

1 cooked crab, weighing about 450g  
Vegetable oil  
1 small onion, chopped  
2 cloves garlic, finely sliced  
1in ginger root, finely sliced, skin left on  
A few spring onions cut into chunks  
2 chillies, sliced  
50g sugar  
100ml white wine vinegar  
1 tablespoons fish sauce  
Juice of 1 lime  
A handful of fresh coriander, chopped  
A good handful of basil leaves, Thai preferably

#### **To Make**

Open the crab, remove the *dead man's fingers* and the stomach sack and cut the body into four. Heat some vegetable oil in a pan, in a pan and quickly fry the onions and garlic, then add ginger, spring onions and chilli, until just softened but still crisp. Add the sugar and stir in, then the vinegar and the fish sauce and taste. The flavour should be sweet and sour – add either sugar or vinegar to balance. Add the crab pieces in and stir until well coated with sauce. Add the lime juice, coriander and basil, stir again.

Either, serve this straight from the pan or, put into a hot oven and bake for 5 minutes so the sauce becomes sticky on the shells of the crab.

#### **About Mitchell Tonks**

Described by The Independent on Sunday (June 2004) as 'the 21<sup>st</sup> Century Fishmonger', Mitch spent the first 24 years of his life by the sea; sailing on it, skiing on it and fishing in it!

For further information on Mitch Tonks, please contact Anne Kibel, TFA Artist Management or take a look at their website where you will find out more about FishWorks - [www.tfa-group.com](http://www.tfa-group.com)

Lloyd Platt & Company cannot take responsibility for the success (or otherwise) of these recipes!