

GOURMET FISHING

Season IV- Episode 07



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Charleston Meeting St Crab



Host, Chef & Guide, David Murray





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Charleston Meeting St Crab





Grocery List

Charleston Meeting St Crab

- | | |
|-------------|----------------------------|
| Crab Meat | Cayenne Pepper |
| Flour | Fresh Thyme |
| Butter | Fresh Parsley |
| Heavy Cream | White Sharp Cheddar Cheese |
| Sherry | Salt |
| Lime | Pepper |
| Lemon | |



Charleston Meeting St Crab Ingredients

Charleston Meeting St Crab



4 Servings
Ingredients

1 lb Crab Meat	1/2 Lemon Juice
4 Tbs Flour	1/4 tsp Cayenne Pepper
4 Tbs Butter	Fresh Thyme
1/2 pint Heavy Cream	Fresh Parsley
4 Tbs Sherry	A cup Shredded White Sharp Cheddar
1/2 Lime Zest	Cheese
1/2 Lime Juice	Salt & pepper to taste
1/2 Lemon Zest	

Melt the butter over medium heat. After the butter begins to bubble, add the flour and whisk together. Cook the roux over medium heat until the color has turned slightly blonde. Continue to stir.

Add the cream and sherry and whisk until smooth. Take 4 thyme sprigs and 4 parsley sprigs and tie them together with butchers twine and then lightly bruise the herbs. Add to the mixture, stir together and let simmer for about 4 minutes. Add the Cayenne pepper, zest and citrus juice and stir to combine.

Remove the roux from the heat and gently stir in the crab meat.

Evenly divide the crab mixture and place in small dishes. Top with grated cheese. Place under the broiler to just melt the cheese. Do not over cook.



Gourmet Fishing



We catch fish, and then, We cook our catch...

Charles



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