

Crab Linguine

I've been after a decent crab pasta recipe for a while after failing to make notes on a more complicated spider crab recipe by Gary Rhodes. This is certainly much simpler and looks worth a try, not that there appears to be much to go wrong with it. I suspect the fresh white crab meat would normally be from a freshly opened can.

It's always struck me that there should be a good way of incorporating the delicious brown meat from a fresh crab into a dish such as this. I must engineer the chance to experiment.

Planning

serves:	4
prep time:	10 mins
cooking time:	15 mins

Ingredients

300g fresh white crab meat
300g linguine
1 clove garlic, finely chopped
zest & juice of ½ lemon
olive oil
½ fresh red medium chilli,
finely chopped (seeds
or not, as you prefer)
4 spring onions, chopped
handful fresh parsley,
coarsley chopped
~50ml white wine/Noilly Prat
Salt & pepper

Method

Cook your linguine appropriately depending upon whether you are using dried or fresh pasta. If you're using fresh pasta, you may want to start the crab mixture first. Either way, remember to reserve some of the pasta cooking water.

While the linguine is cooking, heat a couple of tablespoons of olive oil in a deep frying pan/skillet. Toss in the garlic, chilli, onions and lemon zest and cook for a minute or two before stirring in the crab meat. Heat through for a minute then glug in about 50ml white wine (I might try Noilly Prat). Bubble until most of the wine is evaporated.

When the pasta is done, slacken the crab mixture with a little of the pasta water, then stir in the drained pasta and parsley. Season to taste with salt and pepper.