

Mediterranean Mud Crab



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Ingredients (Serves 2)

2 mud crabs (1kg each)
6 large ripe tomatoes
2 large onions
1 x 500ml tomato puree
3 cloves of garlic

$\frac{1}{2}$ bunch fresh basil
Olive oil
1 tablespoon dry mixed herbs
24 black olives
Salt and pepper
1 cup white wine

Method

Remove top shell of mud crab (place thumb under rear flap and lift) and wash out. Set aside. Crack claws and body. Set aside.

Sauce – Finely chop onions and garlic and fry in olive oil. Add dry herbs. Skin tomatoes and chop coarsely. Mix tomatoes with onion and garlic, add white wine and bring to the boil. Reduce by $\frac{1}{2}$ and add 500ml of tomato puree. Cook for 20 minutes.

Replace top shell on mud crab, place in sauce and simmer with lid on pot until crab is cooked (approximately 7 minutes). When cooked add coarsely chopped fresh basil and olives.

Serving

Place mud crab on plate and pour sauce over. Suitable with pasta or polenta.

Note – if sauce too dry, add more wine or tomato puree when cooking.