

ALASKA CRAB ESPANOLA



prep time: 10 cook time: 15 servings: 4

INGREDIENTS

1 cup brandy (preferably Spanish)
1 cup olive oil
10 garlic cloves, peeled and sliced lengthwise
1 teaspoon to 1 Tablespoon freshly cracked peppercorn medley (red, green and black peppercorns), to taste
1 teaspoon to 1 Tablespoon crushed red pepper flakes, to taste
2 Tablespoons chopped flat leaf parsley
2 to 3 pounds Alaska Crab legs/clusters (King, Snow or Dungeness)
1 cup large Spanish olives (preferably from the deli section), drained
Additional parsley for garnish, if desired
1 loaf of warmed crusty bread such as sourdough or baguette

DIRECTIONS

Combine the first six ingredients in a large skillet or Dutch oven.

Rinse frozen Alaska Crab legs/clusters under cold running water to remove any ice glaze; pat dry with paper towels. Discard towels. Cut crab clusters or legs into smaller sections with a large knife, if desired.

Add crab to the oil mixture and cover pan tightly. Over low heat, bring the crab to a slow simmer. Cook for 8 to 10 minutes for frozen crab or 3 to 4 minutes for fresh/thawed crab. Turn the crab over, add the olives, cover and continue to simmer for 2 to 3 minutes. Remove from heat and allow the crab to rest, covered, until just warm, about 5 minutes.

Transfer to a large bowl and garnish with additional parsley, if desired. Serve family-style with crusty bread for dipping.

Nutrients per serving (with two pounds of crab): 668 calories, 32g total fat, 5g saturated fat, 44% calories from fat, 48mg cholesterol, 30g protein, 53g carbohydrate, 4g fiber, 1775mg sodium, 149mg calcium and .4g omega-3 fatty acids.



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