



LOUISIANA
+ COASTAL COOKING +

wyes  PBS

Pot Fried Crabs

Chef Donald Dardar

Pointe-au-Chien Tribe

1 dozen raw hard shell crabs
1/16 cup oil
Salt to taste
Water, if needed

Prepare the crabs by taking the shells and abdomen off and cut out the gills. Leave one joint of the legs and cut off the rest. You can either leave the claws on or break them off and add them to the pot, your preference.

Use a new soft bristle kitchen brush to clean the crabs, making sure you have removed all of the dirt and gills. For female crabs, leave the eggs in the middle.

Use a large pot. Place crabs in the pot with oil and salt. Allow to cook on medium heat. After approximately 40 minutes, stir the crabs and let them cook for about 30 more minutes. The oil and crab pieces will make a sticky gravy on the bottom of the pot.

Serve over a plate of rice.

Notes:

For a variation, try pot fried crabs with onions. Chop up one onion and spread it on top of the crabs when you add the crabs to the pot. When you stir your crabs, it will make a gravy at the bottom of the pot.