



Crab with steamed Jerusalem artichoke

By Shannon Bennett

1 hours 30 minutes

Prep time

30 minutes

Cooking time

4 Servings

Serves

INGREDIENTS

1 live medium size mud crab (200 g
cooked crab meat, picked)
2 tablespoons Kewpie mayonnaise
Finely grated zest of 1 lemon

Court bouillon

6 litres cold water
¼ cup Sea Salt
1 cup white wine
1 medium onion, peeled and
chopped
1 medium stick celery, chopped
1 medium carrot, peeled and
chopped
1 bay leaf
1 sprig fresh thyme
8 fresh parsley stems
1 teaspoon black peppercorns
1 lemon, thinly sliced

Jerusalem artichokes

12 Jerusalem artichokes
500 ml homemade chicken stock
5 sprigs thyme
Sea Salt to taste
60 g butter, cold, diced

METHOD

Crab

1. Place the crab in the freezer and set a timer for 45 minutes.
2. Make a court bouillion by placing all ingredients in a stock pot, bring slowly to a simmer on medium low heat, Induction setting 3-4. Skim any scum from the top as it comes up to the boil. Once boiling, cook for 25 minutes.
3. Remove crab from the freezer and place in the boiling court bouillion. Remove pan from the heat and cool to room temperature. Place in refrigerator to completely cool before picking crab meat.
4. If using pre cooked crab meat, squeeze excess water from crab. Pick over the crab meat to remove any shell or membrane.
5. Place the crab meat in a glass bowl. Add mayonnaise, a little at a time, until the crab is just moist. Season with salt to taste. Refrigerate, covered until required.

Artichokes

1. Bring the stock slowly to the boil with the thyme in a large pan on medium heat, Induction setting 6-7.
2. Place the artichokes in a deep solid tray, pour the hot stock over. Steam at 100°C for 10 -12 minutes. Artichokes are cooked when a skewer inserted slides in easily.
3. Remove the artichokes from the stock. Pour the stock into a clean pan and reduce on high heat, Induction setting 8, until 100 ml remains. Add the butter gradually whilst constantly whisking on medium low heat, Induction setting 4 until all incorporated and emulsified.

To serve

1. Place 50 g of crab mixture in 3 piles around each plate.
2. Toss the artichokes through the emulsion to glaze. Place 3 artichokes around each plate between the crab.
3. Garnish with baby rocket leaves, beetroot slices and baby herbs. Drizzle extra sauce around the plate and serve.

Hints and tips

- If you do not wish to prepare a live mud crab, cooked crab meat is readily available in packs at your local fish monger.