



LOUISIANA BLUES

12 medium Florida soft-shell blue crabs

- 1/4 cup milk
- 3/4 cup flour
- 2 eggs, beaten
- 2 teaspoons salt
- 3/4 cup dry bread crumbs

Remove gills, eyes, mouthparts, and tail section of fresh crabs or thaw frozen crabs. Rinse in cold water; drain. Combine the eggs, milk and salt in a wide flat bowl. Combine the flour and crumbs in another wide, flat bowl.

Dip the crabs into the egg mixture and roll them in the flour/crumb mixture. For heavier breading, let the crabs sit several minutes and repeat the dipping-rolling procedure.

Additional spices, such as cayenne pepper and garlic, may also be added. Place the crabs in a heavy frying pan which contains 1/8 to 1/4 inch of extra virgin olive oil, on hot grill. Fry at moderate heat. When crabs are brown on one side, turn carefully and brown on other side. Cooking time is approximately 8 to 10 minutes. Drain on absorbent paper, then serve on warm platter.

Serves 6

