



Spicy potted crab

READY IN



85 min.

SERVINGS



20

CALORIES



586 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1500 g butter unsalted
- ☐ 2 tsp chili powder hot pure (or use)
- ☐ 950 g crab meat fresh white frozen picked over thawed well () ()
- ☐ 6 tbsp chives fresh finely chopped
- ☐ 6 tbsp flat parsley finely chopped
- ☐ 2 juice of lemon good freshly grated
- ☐ 1 medium sandwich bread white sliced
- ☐ 2 optional: lemon for garnish, cut into 20 wedges

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ spatula

Directions

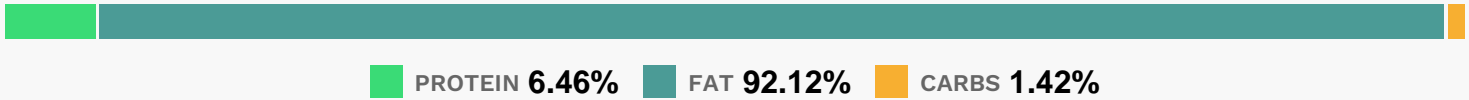
- ☐ Heat the butter in a pan until melted. Turn up the heat a little to separate most of the milk solids (the creamy white looking part) to start clarifying, but be careful it doesn't burn. It is clarified when there are a few nutty brown bits at the bottom and the remaining liquid is a clear golden colour. Cool slightly and carefully pour into a jug, leaving the nutty bits behind.
- ☐ Pour the clear butter back into a clean pan and tip in the chilli powder.
- ☐ Heat very gently for 1-2 minutes. (The butter will cloud up again.)
- ☐ Put the rest of the ingredients in a bowl and season. Carefully fold together with a spatula, trying not to break up the plump flesh. Taste and adjust seasoning.
- ☐ Loosely spoon the mixture into 20 100ml ramekins or into one larger shallow serving dish. Ensure you leave a nice level top. Now pour over the chilli clarified butter to give a thin covering. Stir the butter to distribute the spice each time before you pour. If the butter cools too much, microwave it for 30 seconds. Cover the ramekins and put in the fridge for 2 hours, or overnight, until the butter is set.
- ☐ Make the melba toast: lightly toast the bread.
- ☐ Cut off the crusts, then slice the bread through the centre so you have ultra thin slices.
- ☐ Put the toast, cut-side up, under a medium to hot grill to toast until the edges curl. Be careful as it burns easily. Cool, and store in sealed plastic bags.
- ☐ Remove the potted crab from the fridge an hour before serving, but keep in a cool place. You want the mixture to be soft enough so that all the delicious buttery flavours blend into the

toast. Put each ramekin or a spoonful of spicy crab on to a serving plate with a lemon wedge.

☐ Crisp the melba toast, if necessary, in the oven for 5 minutes.

☐ Place a couple of slices on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:13.218695588734%

Flavonoids

Eriodictyol: 2.45mg, Eriodictyol: 2.45mg, Eriodictyol: 2.45mg, Eriodictyol: 2.45mg Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 586.26kcal (29.31%), Fat: 61.26g (94.24%), Saturated Fat: 38.59g (241.21%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.5g (0.56%), Cholesterol: 181.2mg (60.4%), Sodium: 416.65mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin B12: 4.4µg (73.38%), Vitamin A: 2103.48IU (42.07%), Selenium: 18.44µg (26.34%), Vitamin K: 26.15µg (24.91%), Copper: 0.46mg (23.09%), Zinc: 2.94mg (19.61%), Vitamin C: 12.25mg (14.85%), Phosphorus: 127.4mg (12.74%), Vitamin E: 1.88mg (12.51%), Vitamin D: 1.13µg (7.5%), Folate: 29.08µg (7.27%), Magnesium: 27.51mg (6.88%), Calcium: 48.77mg (4.88%), Vitamin B6: 0.09mg (4.63%), Potassium: 148.6mg (4.25%), Vitamin B3: 0.68mg (3.4%), Vitamin B2: 0.06mg (3.31%), Iron: 0.54mg (2.98%), Vitamin B5: 0.29mg (2.9%), Vitamin B1: 0.04mg (2.53%), Manganese: 0.04mg (2.02%), Fiber: 0.49g (1.98%)