



## RECIPE OF THE MONTH JUNE 2018



### FRANK'S SOFT SHELL CRABS

According to legend, soft shell crab season in Virginia begins after the first full moon in May, when the blue crab's shells mysteriously molt under the influence of gravity and the tides. It seems that the April 29 full moon brought the soft shells back. This is a simple but delicious menu for preparing the crabs. Perfect pair with a Virginia Chardonnay.

### FRANKS' SOFT SHELLS WITH ALMONDS

½ cup milk  
Salt and fresh ground pepper  
½ tsp Tabasco  
12 small, fresh soft-shell crabs, cleaned  
¾ cup flour  
4 T vegetable oil  
2 T butter  
2 T olive oil  
1 T finely chopped shallots  
½ cup sliced almonds  
2 T fresh lemon juice  
4 T finely chopped parsley

1. In flat dish, combine milk, salt, pepper, Tabasco. Add crabs, turning to coat well.
2. Place flour in flat dish. Dredge crabs. Shake to remove excess flour.
3. Heat 2 T of vegetable oil in large nonstick skillet. Place six crabs in pan and cook over medium heat for about 3 minutes or until lightly browned on one side. Turn and cook until golden brown. Total cooking time is 6 or 7 minutes, depending on thickness. Transfer to warm platter and keep warm. Add remaining vegetable oil to pan and repeat procedure with the other crabs.
4. Pour off fat from skillet and wipe clean with paper towel. Add butter and olive oil, add shallots and sliced almonds and cook until lightly browned, shaking the pan. When oil is bubbling, add lemon juice and pour mixture over crabs.