

Crab

Boil*

- Russell's way

In summer, an island picnic table simply begs for a hungry crowd and a pile of steamed crabs. Get your crew, a few beverages, and pick the sweet meat out of these local crustaceans. Local Rock and Sand Crabs are about 5 inches across. If yours are larger steam them longer!

**Crab 'Boil' is just a name. Steam your crabs.*

The Catch

dozen Sand or Rock Crabs
per batch

The Groceries

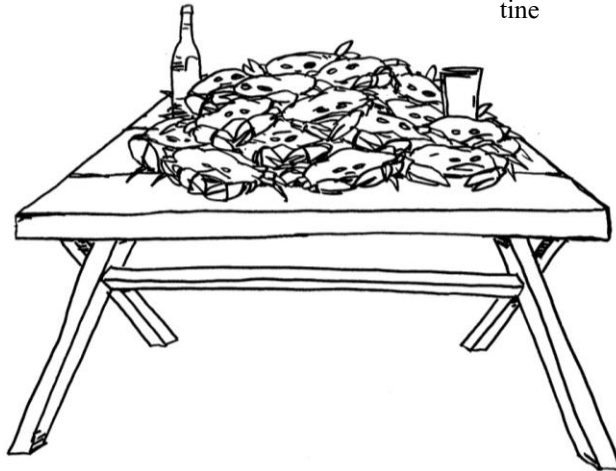
1 beer
Old Bay seasoning

The Extras

corn on the cob
melted butter

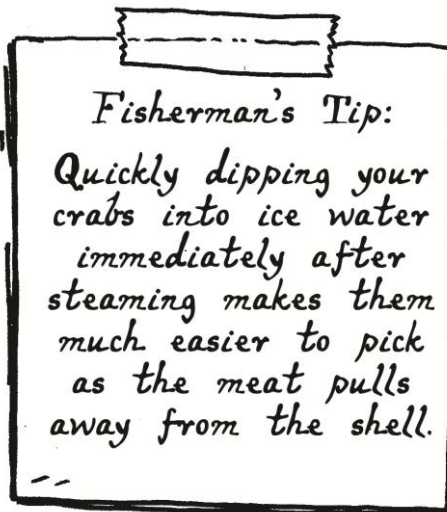
The Gear

'pickers' like metal toothpicks
or plastic forks with one
tine



The How To

- BOIL 1 inch of water and 1 beer in the biggest pot you have, with a steamer basket.
- DROP in a few crabs. SPRINKLE in some Old Bay seasoning.
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- CONTINUE until all your crabs are in and COVER with a tight lid.
- STEAM for 12-15 minutes until they are all bright bright red.
- PLUNGE in ice water immediately.
- REMOVE quickly and SERVE!
- DON'T FORGET, there's meat in the body – not just the legs!



Yield: Estimate 5-7 crabs per eater for dinner.

Kitchen Time: 15 minutes.

Season: Year-round.