

Chefs A' Field

Culinary Adventures That Begin on the Farm



SOFT SHELL CRAB WITH SUMMER MELON, WATERCRESS SALAD & ANCHOVY BUTTER

Chef Todd Gray of Equinox Restaurant

SALAD

- 1/3 cup Clarified Butter
- 2 cups Wondra Flour or All Purpose Flour
- 1/2 cup Watermelon, cut into 1/2 " cubes
- 1/2 cup Cantaloupe, cut into 1/2 " cubes
- 1/2 cup Honeydew, cut into 1/2 " cubes
- 1/2 cup Red Onion,
(peeled & shaved paper thin)
- 1 cup Young Watercress
- 1/4 cup Lemon Vinaigrette
- Salt and Pepper to taste

- 6 Soft Shell Crabs, cleaned
- 1/2 cup Anchovy Butter

ANCHOVY BUTTER

- 1 cup White Wine
- 2 Shallots, sliced
- 1 Thyme Sprig
- 1/2 cup Heavy Cream
- 1/2 lb. Butter
- 1 tablespoon Anchovy paste
- 1 tablespoon Italian Parsley, chopped
- 2 teaspoons Lemon Juice
- Salt and Pepper to taste

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FOR THE CRABS:

Preheat oven to 350 degrees. In a hot large cast iron skillet or sauté pan, add clarified butter.

Meanwhile, dredge crabs in Wondra flour. Season crabs with salt and pepper.

Once the butter is hot and begins to foam, place crab top-side down in pan and cook for 3 minutes. Be sure not to crowd the crabs in the pan.

Remove from heat and turn crabs over. Place the pan in oven. Cook crabs in oven for 3 minutes, remove crabs, and keep warm.

FOR THE SALAD:

In a large salad bowl, combine melons, onion, watercress, lemon and seasoning. Toss well to combine. Salad should be combined just before serving.

FOR THE ANCHOVY BUTTER:

In a small saucepan, reduce white wine with thyme and shallots. Cook until nearly dry (*au sec*) & add cream. Cook 3 minutes more. Whisk in butter, pass butter sauce through a fine mesh strainer (if desired).

Place strained mixture in a clean small pot. Add parsley, anchovy paste, lemon juice, and adjust seasoning. Wisk until incorporated. Keep warm.

Note: Butter will keep in the refrigerator for several days.

TO PLATE:

Take six large plates. Mound melon salad in center, top with warm crabs and spoon warm anchovy butter around. Serve immediately.

YIELD: 6 Servings

Courtesy of Chefs A' Field.