

Recipe of the Week

Salt & Pepper Soft Shell Crabs with Capers



8-12 Medium Soft Shell Crabs

1/2 cup Plain Flour

Salt & Fresh Cracked Black Pepper to taste

8 tbsp Butter

2-4tbsp Capers, washed and drained

Juice of 1 1/2 Lemons

Lay crabs on back shell and pull shell from point on back about halfway to remove spongy matter and lungs. Repeat on other side. Remove apron (backside cover of crab). Rinse and pat dry. Flour the crabs and pat off excess. Season with salt and pepper. Heat butter in pan until foamy. Add the crabs and sauté on both sides until brown, 2-3 minutes on each side. Remove crabs and add capers and lemon juice to pan. Stir 1 minutes and pour over the crabs