

# Seafood Dishes

# Fish and Mushroom

## Ingredients

500 gms fish fillets  
1 cup button mushrooms, washed and chopped  
3 tbsp butter  
1/2 cup milk  
1 tbsp cornflour  
1/4 carrot, shredded  
1/4 cup boiled peas  
Salt as per taste  
1/4 tsp black pepper  
1/8 tsp oregano  
2 tbsp celery, chopped finely

## Method

Clean the fillets and cut into serving size  
Heat 2 butter in a pan, cook the fish fillets till they flake easily  
Keep warm, heat 1 tbsp butter  
Add cornstarch and stir for 3 minutes  
Add milk and stir continuously, to avoid lumps  
Add salt, oregano and black pepper  
Add mushrooms, carrot and peas  
Cook till thickened, pour over cooked fillets  
Garnish with celery, serve with bread  
**Note:** If the fillets are cold, warm in the oven and then pour the sauce.

# Ginger Fish

## Ingredients

1/2 kg fish fillets  
1 sprig spring onion, chopped finely  
2 tbsp oil

## For Sauce:

3 tsp grated ginger  
2 garlic flakes  
2 tsp soy sauce  
1 tbsp vinegar  
2 tbsp water  
1 tsp sugar  
1/4 tsp salt  
1 tsp red chilli powder  
2 tsp lemon juice  
(Make a thin paste of all the ingredients.)

## Method

Clean the fillets and make into serving pieces  
Place it in the baking dish  
Heat oil in a pan  
Add the sauce paste into it  
Simmer for 5 minutes  
Pour over the fish fillets  
Garnish with spring onion  
Bake at 350 degree F for 30 minute.

# Fish Cooked in Coconut Milk

## Ingredients

1 kg of Pomfret Fish, Cut into medium Slices  
1 cup of Coconut milk  
1 tsp of Corriander powder.  
1 Medium Raw Mango to be peeled off seed should be taken out and grinded to paste with 4 Hot Green Chillies.  
1 tsp of Garlic paste or 4 Garlic Pods to be finely chopped.  
1 tsp of Garam Masala powder.  
2-3 Bay Leaves  
1 tsp of Curry Leaves  
1/2 tsp of Whole Jeera  
1/4 tsp of Mustard seeds.  
200ml of Cooking Oil.

## Method

Heat oil in non stick kadai. In the meantime marinate the fish slices with 1 tsp salt  
Fry the pieces but not deep fry it. Remove it from the kadai and keep it aside.  
Fry the chopped onions in oil till brown in colour but it should not burn  
Add bay leaves, curry leaves, jeera and mustard seeds  
Again fry it for 2 minutes. Now add the garlic paste fry it for another 2 minutes  
Add the Mango paste in it with 1 tsp of salt. Add the coconut milk in it and slow the flame.  
Now add the fish pieces and garam masala powder in it stir  
Cover it with lid on slow flame for another 5 minutes. Simmer it for sometime and serve it with plain rice.

# Spicy Fish Patties

## Ingredients

1 pound skinned haddock, coley or cod  
2 potatoes boiled and mashed  
4 scallions, finely chopped  
4 or 2-inch piece ginger root chopped  
4 green chiles finely chopped fresh cilantro  
and mint leaves, chopped  
2 eggs. bread crumbs, vegetable oil  
salt and black  
pepper.

## Method

Put the fish in a lightly greased steamer and cook for 10 minutes, remove the steamer from the heat and leave the fish on the steaming tray to cool.

Flake the fish with with a fork and place in a large bowl.

Add the potatoes, scallions, chilies, ginger, cilantro, and mint, seasoning and 1 egg; beat the remaining egg in a bowl.

Shape the mixture into patties. Dip the patties in egg, then coat in bread crumbs.

Heat the oil and fry the patties, until brown. Serve hot with chili sauce or chutney.

# Fish Soup

## Ingredients

6 slices - surmai / pomfret fish  
4 cups water  
5-6 cloves garlic roughly pounded  
1 tsp soya sauce  
1 very flat spoon of sugar  
1/2 tsp pepper powder  
salt to taste  
1/2 cup shredded cabbage

## Method

Put all the ingredients in a vessel  
Bring to a boil.  
Simmer for about 7 mins or more.  
Make sure fish is cooked.  
Serve hot.

# Fish Cutlets

## Ingredients

1 tin of tuna fish  
1 large onion, chopped fine  
1/4 piece ginger, chopped fine  
3 cloves garlic, chopped fine  
2 green chillies chopped fine  
One small bunch cilantro, chopped fine  
1 tsp garam masala & cayenne pepper  
Salt to taste  
Bread crumbs  
2 eggs, beaten well  
1 large potato boiled and mashed  
half a cup of cooked peas

## Method

Fry the fish in some oil, till slightly brown, with some salt and garam masala and keep aside. Fry the onions till brown.

Add the ginger and garlic and fry for a while. Add the salt and garam masala and fry some more.

Then add the green chillies and cilantro and stir for a little while Add the onion masala from step 5, peas and the mashed potato to the fish and mix well.

Shape into cutlets. Heat oil in a deep frying pan. Take one cutlet at a time, dip in egg, then dip in the bread crumbs.

You may repeat this step for crisper cutlets. Deep fry the cutlets

Drain them on paper towels and serve hot with an onion salad and mint / tamarind chutney.

# Fish Fry

## Ingredients

1 Pound any fish, but I prefer pomfret or cat fish.  
2 tps red chilli powder  
1 tps salt  
1 tps turmeric powder  
1 tps of ginger garlic paste  
1 tps of garam masala powder  
1/2 tps of dhania powder  
1/2 tps of lemon juice  
oil for frying

## Method

Marinate the fish with the above powders and mix well.

Keep it aside for 10 to 15 mins and deep fry in hot oil.

Remember the oil should be hot at the starting and you can reduce the flame afterwards.

Garnish it with finely chopped coriander leaves.

# Kerala Fish Curry

## Ingredients

King Fish or  
(Salmon or Mahi Mahi) - 1 kg  
Chili powder - two tablespoonful  
Turmeric powder - half teaspoonful  
Fenugreek - half teaspoonful  
Mustard seeds - one tea spoonful  
Red onions - 4 cut pieces  
Garlic - 3  
Ginger - 4 pieces  
Coconut oil - 1/4 cup  
Curry leaves - 10 stems  
Salt - As required  
Tamarind.

## Method

In a frying pan, heat about a quarter of a cup of coconut oil or vegetable oil until the oil is hot enough to break a few mustard seeds in this oil.

Now add the chopped onions, few curry leaves and split green chilies and stir fry.

To this add a mixture of turmeric, chilli powder, water and cook. When the oil begins to clear add the remaining spices previously ground, half a cup of 'tamarind water' and sufficient additional water to make enough gravy Cook until the gravy is thick. Put this aside.

In a separate large frying pan, prepare a bed of curry leaves. Arrange the pieces of fish on this bed. Pour the previously prepared gravy over this, The pieces of fish should be completely covered.

Add the remaining curry leaves and tamarind, cover with a lid and cook slowly. Do not stir, if necessary you can lift the frying pan by it's handle and give it a gentle rotating or rocking motion during cooking to spread the gravy evenly.

Stop cooking when the fish pieces are cooked sufficiently and the gravy is thick.

# Fish Tamarind Gravy

## Ingredients

Cat Fish 1 kg (after cleaning)  
Medium size Onions 4 (ground)  
Greenchillies 6 (cut length wise)  
Tamarind (two fists)  
Ginger\_Garlic paste 4 tsps  
Garam masala 4 tsps  
Chilli powder 4 tsps  
Turmeric powder  
Butter milk or Curd  
Salt to taste  
Oil 200 gms  
A whole bunch of fresh Coriander

## Method

Soak the tamarind in 1/2 a glass of hot water for atleast 20 minutes. Make a puree of it. Meanwhile, cut the fish into fist size pieces and clean the pieces with some salt, butter milk or curd and turmeric powder (1/2 tsp) and then with water. Mix the fish pieces in a bowl with chilli powder, 4 pinches of turmeric powder, salt and ginger-garlic paste.

Heat oil in a non\_stick cooking dish and put the ground onion into it. Fry it on a medium heat till the onion becomes light brown. Now pour the tamarind puree, put the chillies into the dish. Empty the bowl of fish pieces into the dish. Add salt according to your taste. Let the gravy cook on a low heat. In between, keep moving the dish holding the sides of it to stir the contents.

A wooden spatula can be used by taking care that the pieces are not disturbed much. Add garam masala and finely chopped coriander 2 minutes before removing the dish from the flame. Those who do not like the gravy to be much hot and sour, they can reduce the quantity of chillipowder, garam masala and tamarind.

# Goan Fish Curry

## Ingredients

Fresh Fish (like Pomfret, King Fish, etc)  
Red Chilly Powder - quarter tsp (for marinating the fish)  
Turmeric powder - quarter tsp ( for marinating the fish )  
Fresh Grated Coconut - one cup  
Red Chilly Powder - half tsp.  
(depends on how hot you want the curry. If you like hot food,  
you may increase the quantity)  
Turmeric powder - half tsp.  
Tamarind - half inch  
Onion - one (small)  
Dried coriander seeds - 1 tsp  
Pepper - quarter tsp  
Oil - 1 tsp  
Salt - to taste

## Method

Clean the fish, wash and apply quarter tsp red chilly powder, quarter tsp turmeric powder, salt and keep aside. Cut finely half of the onion.

Grind finely coconut, red chilly powder, turmeric powder, tamarind, half of the onion, coriander seeds, pepper.

In a vessel, put oil and add the finely cut onion. When onion gets cooked, add the marinated fish and let cook with onion for 1 min. Then add the ground coconut mixture. Add little water (quantity of water depends on how thick you want the curry. But the curry taste good when it is a little thick).

Add salt to taste. Remove from fire when curry boils.

# Prawn Tikka

## Ingredients

Gray Prawns 500 gm  
Natural Yogurt 1/4 Cup  
Garam Masala 1 tsp  
Garlic Paste 1 tsp  
Ginger Paste 1 tsp  
Lemon 1 medium size  
Turmeric Powder 1 tsp  
Salt a pinch or according to taste Red Chilly Powder 1 tsp  
dhaniya-zeera powder 1/2 tsp  
Butter 1 tbsp.

## Method

Wash the prawns. Remove shell and black string from the prawns.

Mix Prawns with turmeric powder, salt and juice of 1 lemon. Keep it aside for 15 minutes.

Mix Yogurt, Garlic Paste, Ginger Paste, Garam Masala, Chilly Powder and dhaniya-zeera powder into a bowl and mixed with prawns. Marinate the prawns for 2/3 hours.

Roast the prawns in Barbecue Grill and apply butter and marinade from time to time

# Green Prawn Pulao

## Ingredients

1 cup Basmati rice washed and drained.

1 cup shelled, deveined prawns.

1 tsp turmeric powder.

1/2 tsp shajeera.

1/2 cup chopped coriander leaves

salt.

oil for frying.

## To grind:

3/4 green chillies.

2 tsp chopped garlic.

7/8 peppercorns

5/6 cloves

1 tsp chopped ginger.

1 inch cinnamon

## Method

Wash prawns, apply salt and turmeric powder and leave aside for 15 minutes.

Shallow fry the prawns in oil but do not let them harden. Save the oil.

Heat 2 tbsp oil, add shajeera. When it splutters add the ground masala and fry till oil separates.

Then add the drained rice and fry for 2 minutes. Add one and a half cups water to it, add salt and mix it.

When the water boils reduce the flame and cook the rice on slow fire till done.

Fluff up the rice with a fork and mix fried prawns and sprinkle some of the oil used for frying prawns on the rice. Cover and leave on slow fire for five minutes.

# Tomatoes Stuffed with Prawns

## Ingredients

8 medium size tomatoes  
1 cup cooked prawns - cut fine  
1 large onion - cut fine  
2 green chillies (deseeded) or 1 tbsp chillie sauce  
2 eggs  
1/4 tsp pepper powder  
Juice of 1 lime  
1 cup bread crumbs  
Salt to taste

## Method

Slice the top of each tomato and scoop out the contents.

Heat 2 tbsps oil, fry tomato pulp, onion, green chillies, prawn & pepper powder until dry.

Add juice of 1 lime and salt to taste.

Refill the tomatoes, spread beaten eggs & bread crumbs over.

Bake at 160°F in an ordinary oven for approx. 7-10 mins or fry.

Serve with sliced capsicums.

# Spicy Prawns

## Ingredients

Prawns - 500 gms (cleaned)  
Onions - 500 gms (finely chopped)  
Tomato - 500 gms (finely chopped)  
Red chillies - 2  
Mustard seeds - 1/2 tbsp  
Chilli Powder - 2 tbsp  
Coriander Powder - 1 tbsp  
Turmeric Powder - 1 tbsp  
Ginger Garlic Paste - 2 tbsp  
Oil - 250 gms

## Method

When the oil in the pan is hot, put mustard seeds and red chillies. When it splutters, put onions and saute it till it becomes golden brown.

Then add tomato and wait till it is cooked well and smashed in oil.

Add prawns and saute for a while. After 5 minutes add ginger garlic paste and saute continuously for 5 more minutes.

Add chilli powder, coriander powder and turmeric powder mix well and add 1/2 glass of water and stir. Wait till the water is evaporated and the oil separates from the dish.

Decorate it with finely chopped coriander leaves.

Delicious spicy prawns is ready now and you can serve it with Plain Rice and Sambar.

# Prawn Kabab

## Ingredients

12 Prawns big size  
3 Tsp Ginger paste  
3 Tsp Garlic paste  
2 Tsp Lemon juice  
Salt to taste  
1 cup Curd  
1 cup Cream  
3 Tsp Gram Flour  
1 Tsp white Pepper  
1 Tsp Ajwain (caraway)  
1 Tsp Clove Powder

## Marination:

Shell & clean the prawns in the water and shed it for ten minutes.

Blend the curd & cream properly then add 3 Tsp GramFlour, 1 Tsp whitePepper, 1 Tsp clove Powder & mix it again.

## Method

Mix the dried Prawns in this marination and add salt to taste. Mix the marination and put it in the Silver Foil fully covered & Freeze it for Two hours.

Insert the Prawns one by one in the oven stick and tandoor it for 20 minutes untill it is golden brown.

Put butter over the Prawns and Oven it for 2 minutes at 180 degrees.

# Prawn Pulav

## Ingredients

2 cups Prawns washed cleaned and divined  
2 cups Basmati Rice washed and dried  
1 tablespoon Ginger Garlic Chillies paste  
1/2 tsp Tumeric powder  
1 tsp Chilli powder  
2 tsp Tandoori Masala  
1 Onion finely chopped  
2 tsp Whole Masala (1 bay leave, 4 cloves, 4 peppercorns, cinnamon 1 stick, 1 javatri, 2 cardamon)  
Chopped Coriander Leaves 2 tbsp  
3 tbsp Oil  
Salt to taste

## Method

Add the chilli powder, turmeric and salt and tandoori masala to the prawns and keep aside.

Heat oil in a flat bottom pan. Add the whole masala and let it crackle. Add ginger garlic chilli paste and fry for a minute. Add onions and fry till translucent. Add the washed rice and fry for five minutes on low flame. Add the prawns along with its masala and fry for a minute.

Add 4 cups of hot water. Cover and cook till rice is done.

Garnish with chopped coriander leaves.

# Coconut Prawn Gravy

## Ingredients

Prawns - 750 grams

Onions - 1 large, ground to a paste

2 medium, sliced finely

Chilli paste - 2 tbsp

Bay leaves - 3

Coconut Milk - 1 cup thick and 1 cup thin (milk can be extracted from one large coconut,

or tinned coconut milk may also be used)

Green Cardamom - 3 to 5

Salt to taste

Oil for frying

## Method

Wash and dry the prawns in a kitchen towel. Set aside.

Heat oil in a wok (kadai). Add bay leaves and green cardamom and fry for a few minutes.

Add sliced onions and fry till golden brown. Then add the ground onion paste and the chillie paste. Fry for several minutes adding little water, as necessary, to prevent the masala from burning.

Add the prawns. Stir thoroughly and then add the thin coconut milk. Keep simmering in high heat till the gravy reduces to a half. Add salt to taste.

Finally add thick coconut milk and simmer in medium heat for 12 to 15 minutes.

Serve hot with rice.

# Prawns and Cauliflower in Coconut Milk

## Ingredients

250 gms. Cauliflower [flowerets]  
20 medium size Prawns [cut the hacksaw type head side]  
3 medium size Onions [cut in square]  
2 medium size Tomatoes. [cut in square]  
2 medium size Green Chillies [ slot and deseeded]  
2 tea spoons Ginger-Garlic paste.  
2 tea spoons Red Chilly powder.  
1 tea spoon Turmeric Powder.  
1 tea spoon Garam Masala Powder.  
4 cups Coconut Milk.  
4 spoons  
oil  
Salt to taste and Green Coriander for garnish.

## Method

Heat oil in a flat pan.

Add chopped onion and saute till translucent. Add tomatoes and saute.

Add red chilly powder, turmeric powder, ginger- garlic paste and cook till oil separates.

Add cauliflower, saute till bit cook. Add prawns and salt Stir neatly.

Add 1/2 cup of water, keep lid and cook till prawns half cooked. Add coconut milk and garam masala powder and green chillies. Cook till thick gravy.

Garnish with green coriander.

Serve with Boiled Rice or Roties.

# Brinjal Prawn Curry

## Ingredients

1/2 lb Prawn medium size

1/4 lb Brinjal cut into 1 by 2 inch slice

1/4 lb tomato chopped

1/2 tb cumin

1/2 tb mustard

1/2 tb turmeric

1 tb cumin, 2tb mustard, 3 green chilli, coriander leaves, 4 cloves of garlic and a quarter inch of ginger grind all these ingredient into a paste with 2 tb of water

Salt to taste

5 tb of oil

1/2 cup of water

## Method

First clean the prawn.

Take 2 tb of oil in a frying pan, and fry the brinjal until golden brown. Keep the fried brinjal aside.

Then take 2 tb of oil and fry the prawn in low heat until golden brown.

Keep the prawn fried aside and take 1 tb of oil and when oil start to heat add the 1/2 tb of cumin and 1/2 tb of mustard.

Then add the chopped tomato and then stare for couple of second and let it cook for 2 to 5 minute and then add the fried prawn first and stir well and then add the brinjal and add the paste and turmeric and salt to taste and let it cook for 5 minute and add 1/2 cup of water.

And keep your pan in high heat upto boiling point then reduce the heat and keep it in low to medium heat for 5 minute. And your curry is ready serve hot with rice.

# Pepper Prawns

## Ingredients

1/2 Kg of Prawns  
2 large size Onions  
5-6 Green Chillies  
1/4 tsp Turmeric  
1 tsp Chilly powder  
Coarsely ground Black Pepper Powder  
Salt to taste  
Kothmir (Coriander Leaves)

## Method

Cut the onions into desired size. Chop the green chillies.

Pour oil into a vessel. Add onions, green chillies, fry them in the oil till it get browned and then put the prawns into the fried onions and let it get cooked for (5 min) then add turmeric, black pepper powder, chilly powder and salt to taste.

Mix everything together and cook for (15 to 20 min) on medium flame.

Garnish with corainder leaves.

Serve hot with rice or chapathis.

# Baked Crab

## Ingredients

6 large crabs  
4 tbsp butter  
2 tbsp flour  
2 cups milk  
1/2 tsp pepper  
1/2 tsp tobasco  
1 cup grated cheese  
2 eggs  
1 capsicum or green chilli (de-seeded)  
2 tbsp tomato sauce  
1/2 tsp mustard powder  
1 tsp salt

## Method

Clean crabs and chop the meat.

Melt butter in a pan, add flour, fry a little, then add hot milk, stir until thick and creamy, add the rest of the ingredients, leaving a little cheese aside.

Cool the mixture.

Beat eggs a little and add to the above mixture; pour all this in a greased baking dish, sprinkle with cheese and bake in a hot oven until set.

Serve hot.

**Note:** The dish can be prepared and keep, and baked just prior to serving. The mixture could also be baked in crab shells.

# Crab Salad

## Ingredients

1/2 green bell pepper, chopped  
1 onion, chopped  
3 tablespoons butter  
250 gms crabmeat (pre-boiled)  
1 cup mayonnaise

## Method

In a medium skillet, saute the green pepper and onion in the 3 tablespoons of butter, for 3 minutes.

Stir in the crabmeat and saute for another 3 minutes. Remove from heat and put mixture into a mixing bowl.

Stir in Mayonnaise. May be served warm or cold.

To make the salad even more interesting, you can add Iceberg lettuce (tear into rough pieces), a cucumber chopped fine, and baby corn, boiled and chopped medium.

# Crab Sandwich

## Ingredients

4 round buns  
1/2 cup grated cheese (can use more if required)  
1 cup crab meat, cooked  
1/4 cup tomato puree  
1/2 tsp sugar  
1/3 tsp salt  
1 onion, chopped finely  
2 garlic flakes, crushed  
1/4 tsp black pepper powder  
1/4 cup capsicum, chopped finely

## Method

Mix all the ingredients except buns and cheese.  
Refrigerate for 2 hours.  
Half the buns.  
Butter the halved buns.  
Spread the crab mixture evenly on 4 halved buns.  
Top it with grated cheese.  
Cover the stuffed buns with other halved buns.  
Broil the buns in a griller till cheese melts.  
Serve with lettuce leaves and tomato slices.

# Crab Soup

## Ingredients

1/2 kg crab meat, cooked and flaked, cartilage removed  
1-1/2 cup chicken stock  
2 cups water  
2-1/2 cups tomatoes, chopped  
3/4 cup chopped celery  
3/4 cup onion (chopped fine)  
1 cup corn kernels  
1 cup peas

## For Seasonings:

1 teaspoon seasoning (a dash paprika and celery)  
1 bay leaf  
1/4 tsp pepper  
1 tsp lemon juice

## Method

Put chicken stock, water, tomatoes, celery, onion, and seasonings in a vessel, and bring to a boil.

Simmer for about 20-30 minutes.

Add corn and peas

Simmer 10 minutes more (or till the corn is cooked).

Add crab meat; simmer until heated through.

Remove bay leaf

Serve hot

# Grilled Crab Burgers

## Ingredients

4 slices of bread, buttered  
1/4 cup grated cheese  
1/2 cup bread crumbs

## For Patties:

1 cup crabmeat  
2 tbsp mayonnaise  
2 sprig spring onion, chopped finely  
2 tbsp cumim powder  
2 tsp red chilli powder  
1/2 cup corn kernels, boiled  
Salt as per taste  
1/4 tsp white pepper powder

## Method

Mix all the ingredients of patties.  
Make 4 patties of the mixture.  
Roll the patties in bread crumbs (both the sides).  
Prepare barbeque (medium flame).  
Grill the patties for approx 10-15 min (turning occasionally).  
Put the patties on bread slices, top with grated cheese.  
Grill the bread till cheese melts (approx 5 min).  
Serve with ketchup and french fries.

# Steamed Crab

## Ingredients

1 kg Crab, cleaned and halve

## Grounded Ingredients:

2 lemon grass (serai)

1" galangal(lengkuas)

3 nips garlic

1" ginger

## For Garnishing:

2 red chillies chopped thinly

1 stalk spring onions

## For the Sauce:

1 tbsp light soya sauce

3 tbsp thick soya sauce

2 tbsp oyster sauce

1 tbsp sweet plum sauce(optional)

A few drops sesame oil

1-1/2 tsp corn flour + 1 cup water

Salt to taste

2 tsp sugar

## Method

Place the crab on a metal pan ready to steam.

Combine the pounded ingredients and the sauces together in a different bowl.

Stir mixture to get a smooth sauce.

Pour the sauce on the crab.

Place the metal pan over rapid boiling water.

Wipe off the cover before closing.

Steam for 35-40 min.

Garnish with red chillies and spring onions.

Serve hot with rice.

# Masala Lobster

## Ingredients

2 Lobsters  
1 big Onion finely diced  
1 big Onion chunky pieces  
5 Garlic cloves (mashed)  
1" Ginger (mashed)  
2 Tomatoes (cut into slices)  
2 Green Chillies  
1 tsp Chilli powder (as you like)  
1 tsp Turmeric powder  
Chopped Coriander leaves  
3 tbsp Oil (or according to your choice)  
Salt to taste

## Method

Boil the Lobsters with 1/2 tsp salt, for about 12-15 minutes in medium flame.

Clean the boiled Lobster and remove the unwanted shells.

Cut the Lobster into 6 slices and drain the water. Marinate with 1/2 tsp Turmeric powder.

Heat 2 tbsp oil in the pan. Add sliced Lobster and medium fry.

Remove the Fried Lobster slices to another bowl.

Heat 1 tbsp oil in the pan. Add garlic, ginger, onions and keep frying till they are brown. Add Turmeric powder, cinnamon powder & chilli powder. Stir well.

Add Fried Lobster slices, chunky onion pieces and fry for couple of minutes. Add 1-cup water & Salt to taste. Let it boil for 3 to 4 minutes. Remove the pan from the flame.

Garnish it with sliced tomato, green chillies & coriander leaves.

Serve hot with any main course.

# Masala Crab Curry

## Ingredients

Big size Crab - 6 pcs  
Onion paste - 1/4 cup  
Ginger Garlic paste - 1/4 cup  
Tomato Puree - 1/2 cup  
Curd - 1/4 cup  
Water - 1 cup  
Whole Garam Masala few  
Whole Jeera - 2 tsp  
Bay Leaf - 2 nos  
Garam Masala Powder - 2 tsp  
Turmeric powder - 2 tsp  
Salt as per taste  
Fresh Coriander for garnish

## Method

Clean the crab and boiled it for 2 minutes. Take only the fleshy parts for cooking.

Heat a pan add bay leaf, jeera and whole garam masala in it. Add onion paste, garlic ginger paste, tomato puree in it.

Now add curd and salt, turmeric powder ,garam masala powder and the crab in it.

Mix all and fry them till it removes oil. Add water in it. Cover it for 10 minutes in a slow flame.

Garnish it with coriander leaves and serve hot with Rice or Paratha.

# Crab - Snow Peas Curry

## Ingredients

1/2 kg crab meat  
1/4 kg snow peas  
1 tsp shredded ginger  
2 tbsp peanut oil  
1/2 cup chicken broth  
1 tbsp onion paste  
1/4 tsp garlic paste  
1/2 tsp white pepper powder  
1 tbsp soy sauce  
1 tbsp cornstarch dissolved in 1/4 cup water

## Method

Heat oil very hot.  
Saute crab meat for 2 minutes.  
Add ginger, onion paste, and garlic.  
Saute for another minute.  
Add snow peas and remaining ingredients.  
Cook for 7-8 minutes, till gravy thickens.  
Serve hot with rice.

# Hot Crab Dip

## Ingredients

1 cup canned crab meat  
1 onion, chopped finely  
2 garlic flakes, crushed  
1 cup cream cheese, softened  
1/2 cup mayonnaise  
1/2 cup milk  
1/4 cup celerey, finely chopped  
1 tsp chilli sauce  
1/4 tsp white pepper powder  
1/2 tsp lemon juice

## Method

Drain and flake the meat, keep aside.

Blend mayonnaise, cream cheese and milk well.

Add meat, celerey, salt, onion, garlic, lemon juice and chilli sauce.

Mix it well.

Pour in a baking dish.

Garnish with white pepper powder.

Bake it at 350° degrees for 30 minutes.

Serve with toasted bread / bread loafs / crackers.