

July 16th Cook a Fish, Give a Fish class with chef Joshua Riazzi

Recipe: Jonah Crab Curry Chowder

Ingredients: Serves 4 (as a main course)

- 2-3 Live Jonah crabs (sand crabs aka peekytoe crabs or rock crabs would also work)
- 1lb Local seafood of your choice such as scallops, squid, or any mild flavored fish (monkfish, black sea bass, hake, pollock, haddock, cod, fluke etc. Fish scraps work really well for this)
- 1 cup Leeks, diced
- 1 Tbs Garlic, minced
- 1 1/2 cups Onions, chopped
- 12 oz Whole peeled tomatoes
- 1 Tbs Sugar
- 1/2 can of Coconut milk
- 1 Chicken bouillon cube
- 4 cups Water
- 1/4 cup oil of your choice (olive oil, canola, vegetable oil, etc.)
- 1 Tbs Blackening seasonings
- 1 Tbs Old Bay
- 2 Tbs Curry powder
- 2 cups Potatoes, diced
- 1 Tbs Salt
- 1Tbs Pepper
- Toasted sourdough bread for garnish and dipping (optional)

Instructions:

1. In a medium pot, bring 4 cups water and chicken bouillon to a boil. Drop in Jonah crabs, and cook for 5-8 minutes. Remove crabs, and pick out meat. Place shells back in liquid to extract flavor.
2. In a separate medium sauce pot - sweat onions, leeks, garlic in the oil. Stir constantly to avoid browning. Once fully cooked (about 15 minutes) add tomato, coconut milk, sugar, and bring to a simmer. Adjust the amount of liquid by adding some of the strained crab cooking liquid.
3. Add seafood (crab meat and seafood of your choice) and potatoes and all seasonings. Simmer until potatoes are soft, but not falling apart. Adjust seasoning and serve. Can garnish with a piece of toasted sourdough.

Tools Needed:

- Sharp knife
- Cutting Board (you may want two: one for crabs, one for vegetables)
- Crackers (lobster or nut cracker) or hammer to crack open crab shell
- 5 small bowls or containers for prep
- Measuring spoons
- Measuring cups
- 2 Medium sauce pans
- Wooden spoon for stirring
- Strainer
- Tongs or slotted spoon for removing crab from water
- Ladle
- 2-3 kitchen towels
- Small fork for picking crab meat