

Crab cocktail with homemade 'sun dried tomatoes', toasted sourdough and brown crab mayonnaise

There are many varieties of crabs. The most commonly eaten crab in the UK is the common edible or brown crab that weighs up to 3kg and contains plenty of sweet, succulent white and brown meat

Serves 4

Cost per portion 3.75

For the white crab

200g white crab meat
2 tbsp of mayonnaise
1 tsp chopped tarragon leaves
1 tsp chopped chives
squeeze of lemon juice
sea salt and fresh ground pepper

For the brown crab mayonnaise

100g brown crab meat
200ml mayonnaise
1 tbsp tomato ketchup
pinch cayenne pepper
sea salt and fresh ground pepper

For the sun dried tomatoes

4 vine tomatoes, halved

To serve

4 slices of sourdough bread
olive oil
8 little gem leaves, washed
baby herb shoots

For the tomatoes. Pre heat oven to 95c. Place the tomatoes onto a non stick baking tray, season with salt, pepper and a little olive oil. bake in the oven for around 7 hours, until the tomatoes are shrivelled and feel dry.

For the brown crab mayonnaise. Place all the ingredients in a food processor and blend until smooth. Decant into a plastic squeeze sauce bottle.

For the white crab. Place all the ingredients in a mixing bowl and combine together using a fork. Check the seasoning.

To serve. Drizzle a little olive oil onto the bread and place on a hot griddle or under the grill until toasted.

Place 2 lettuce leaves onto the toasted sourdough. Slice the tomatoes into thin shards and sprinkle onto the lettuce and around plate.

Using dessert spoons, shape the white crab meat mixture into ovals and place two per portion on top of the lettuce.

Using the plastic bottle, dot random blobs of the brown crab mayonnaise around the plate.

Garnish with the baby herb shoots.