

# Fabulous Food

## Impress Guests With Cajun Fried Soft-Shell Crabs

by LouAna Chef Patrick Mould (NAPSA)—Fried soft-shell crabs have been considered a delicacy since they were first enjoyed in the 1880s.

Soft-shell crabs are actually blue crabs and they're found in the Atlantic and Gulf of Mexico. The following recipe makes it easy to enjoy them—even if you've never prepared them before.

### Cajun Fried Soft-Shell Crabs

#### Ingredients:

- 4 cleaned, jumbo soft-shell crabs
- 4 teaspoons Cajun seasoning
- ½ lemon (juiced)
- 2 eggs
- 1 cup milk
- 4 cups flour
- 4 cups LouAna Peanut Oil, for that nutty taste without cholesterol

#### Directions:

1. Season soft-shell crabs with 1 teaspoon Cajun seasoning and juice from a lemon.

2. Beat together eggs, milk and 1 teaspoon of Cajun seasoning in a bowl.

3. Season flour with remaining 2 teaspoons Cajun seasoning. Preheat oil to 350 degrees.

4. Dredge crabs in flour, completely coating crabs. Dip in milk and egg batter and



Golden-brown crabs with a hint of Cajun flavor are easy to prepare and easy to enjoy.

dredge back in flour.

5. Carefully drop crabs in preheated oil and fry until golden brown and floating, about 4 to 5 minutes, turning several times.

6. Allow cooked crabs to drain on paper towels before serving.

**Yield:** 4 soft-shell crabs

*LouAna® Chef Patrick Mould is the owner and executive chef of the Louisiana School of Cooking in Lafayette, La. and the author of "Recipes from a Chef." He has appeared on NBC's "Today" show, ABC's "Good Morning America," ESPN Radio and hundreds of local TV and radio shows across the United States.*