



45°N
63°W

NOVA SCOTIA SNOW CRAB

with Chili Jam

INGREDIENTS:

- 2 lbs. of fresh Nova Scotia snow crab legs
(purchase cooked at store)
- 2 long red chilies, roughly chopped
- ½ red onion, roughly chopped
- 5 garlic cloves, roughly chopped
- 1-inch knob ginger, chopped
- 2 tbsp canola oil
- 2 tsp sesame oil
- 2 tbsp rice wine vinegar
- 2 tbsp fish sauce
- ¾ cup loosely packed brown sugar
- 1 lemon for finishing
- Fresh mint, basil, and green onion for garnish

INSTRUCTIONS:

Place chili, red onion, garlic, and ginger in a food processor until finely chopped.

Heat canola oil and sesame oil in large nonstick pan over medium heat.

Add in the chili mixture and cook, stirring regularly. Let cook for 7 minutes.

Add the vinegar, fish sauce and brown sugar and stir to combine. Let it cook for another 3 minutes or until all the sugar has melted.

Take off the heat and place in the fridge for one hour, to cool.

When ready to serve, heat large wok over high heat. Add in the crab legs and then the chili jam. Using a spatula, toss the crab in the jam until coated.

Garnish with fresh herbs and lemon wedges. Serve immediately.

Recipe provided by Andy Hay, Masterchef Canada.