POTTED CRAB WITH HERBS AND SALTED BUTTER

Inspired by Oriental, North Carolina - North Carolina’s Sailing Capital

INGREDIENTS

Serves 5

- 11oz fresh backfin crabmeat
- 4 tbsp sour cream
- ½ tbsp Dijon mustard
- 1 tbsp lemon, juice freshly squeezed
- 1 tbsp celery, finely chopped
- 1 tbsp shallots, finely chopped
- 1 tbsp tarragon, finely chopped
- 1 tbsp flat leaf parsley, finely chopped
- ½ tsp ground cayenne pepper
- A pinch of mace, freshly grated
- 4 oz Old Bay butter, melted (seasoned the butter with 1 tsp of Old Bay Seasoning)
- sea salt and freshly ground black pepper to taste

INSTRUCTIONS

01 In a bowl mix the crabmeat, sour cream, Dijon mustard, lemon juice, celery, shallots, tarragon, flat leaf parsley, cayenne pepper and half the melted butter. Then add the mace, season with salt and freshly ground black pepper and mix well to combine.

02 Spoon this mixture into small crocks or clamp style mason jars, then pour over a thin layer of the rest of the melted Old Bay butter. Sprinkle freshly ground black pepper, salt and fresh herbs on top.

03 Transfer the potted crabs to a fridge to set, and leave for an hour.

04 Remove them from the fridge about 15 mins before serving. Serve with thinly sliced toasted bread or crackers.

Recipe made exclusively for Black Public Media’s 40th Anniversary Celebration

Celebrate NC’s coastal seafood traditions as Durham’s Saltbox Seafood Joint Chef Ricky Moore steers his own ship, finding treasures in unsung stories and creating inspired seafood.

PBS Broadcast Coming August 2020