

SPIDER CRAB FACT FILE

NAME:

Spider crab

ALSO KNOWN AS:

Cornish king crab

LIVES:

The sea floor; seasonally abundant in Cornwall

OCCUPATION:

Crab

LOVES:

Butter, sea salt, lemon, chilli, lemongrass, coriander, ginger and Thai basil. Allium notes from spring onions and shallots. Benefits from a contrasting flavour with mace, chive or green apple. Fruit flavours such as cucumber, melon, avocado and coconut also work exceptionally well.



LET'S COOK



Texture

Spider crab, or Cornish king crab as it's known locally in Cornwall, has a delicate texture that once picked, contains long strands of white meat. The brown meat is soft and full of flavour. The claws and leg meat are more delicate than brown crab meat and the knuckles contain a good quantity of connective meat that is particularly sweet.



Taste

Particularly sweet, with a subtle caramel nutty aroma and salty notes. Less full-flavoured than brown crab but with a delicious delicate profile that tastes fantastic cold. The brown meat has a meatier depth of flavour.



Cooking & Preparation Times

Always humanely kill crustaceans before cooking them; **never** boil them alive. You can learn more about how to do this correctly [here](#).

Takes 12 mins per kilo to cook in boiling water. | Allow 40 mins to 1 hour for cooking and picking.



Yield

You can pick a surprising amount of meat from a large Cornish king crab. The yield is in the region of 35% with more white meat than brown.



Suggested Recipes

Potted crab, crab Thai curry, crab cakes with sweet potato, crab sandwich or try making your own savoury crab-stuffed doughnuts! If you're feeling adventurous, try serving a whole cooked crab at the table with some melted herb butter, fresh lemons and grilled corn.

Written and photographed by James Strawbridge

You can find out more about megrim and other seafood recipes at strawbridgekitchen.com and seafoodcornwall.org.uk