

Seafood

Fish

Prawns

Crabs



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Fish

Fish and Mushroom

Ingredients

500 gms fish fillets
1 cup button mushrooms, washed and chopped
3 tbsp butter
1/2 cup milk
1 tbsp cornflour
1/4 carrot, shredded
1/4 cup boiled peas
Salt as per taste
1/4 tsp black pepper
1/8 tsp oregano
2 tbsp celery, chopped finely

Method

Clean the fillets and cut into serving size
Heat 2 butter in a pan, cook the fish fillets till they flake easily
Keep warm, heat 1 tbsp butter
Add cornstarch and stir for 3 minutes
Add milk and stir continuously, to avoid lumps
Add salt, oregano and black pepper
Add mushrooms, carrot and peas
Cook till thickened, pour over cooked fillets
Garnish with celery, serve with bread
Note: If the fillets are cold, warm in the oven and then pour the sauce.



Fish

Ginger Fish

Ingredients

1/2 kg fish fillets
1 sprig spring onion, chopped finely
2 tbsp oil

For Sauce:

3 tsp grated ginger
2 garlic flakes
2 tsp soy sauce
1 tbsp vinegar
2 tbsp water
1 tsp sugar
1/4 tsp salt
1 tsp red chilli powder
2 tsp lemon juice
(Make a thin paste of all the ingredients.)

Method

Clean the fillets and make into serving pieces
Place it in the baking dish
Heat oil in a pan
Add the sauce paste into it
Simmer for 5 minutes
Pour over the fish fillets
Garnish with spring onion
Bake at 350 degree F for 30 minute.



Fish

Fish Cooked in Coconut Milk

Ingredients

1 kg of Pomfret Fish, Cut into medium Slices
1cup of Coconut milk
1 tsp of Corriander powder.
1 Medium Raw Mango to be peeled off seed should be taken out and grinded to paste with 4 Hot Green Chillies.
1 tsp of Garlic paste or 4 Garlic Pods to be finely chopped.
1 tsp of Garam Masala powder.
2-3 Bay Leaves
1 tsp of Curry Leaves
1/2 tsp of Whole Jeera
1/4 tsp of Mustard seeds.
200ml of Cooking Oil.

Method

Heat oil in non stick kadai. In the meantime marinate the fish slices with 1 tsp salt
Fry the pieces but not deep fry it. Remove it from the kadai and keep it aside.

Fry the chopped onions in oil till brown in colour but it should not burn

Add bay leaves, curry leaves, jeera and mustard seeds

Again fry it for 2 minutes. Now add the garlic paste fry it for another 2 minutes

Add the Mango paste in it with 1 tsp of salt. Add the coconut milk in it and slow the flame.

Now add the fish pieces and garam masala powder in it stir

Cover it with lid on slow flame for another 5 minutes. Simmer it for sometime and serve it with plain rice.



Fish

Spicy Fish Patties

Ingredients

1 pound skinned haddock, coley or cod
2 potatoes boiled and mashed
4 scallions, finely chopped
4 or 2-inch piece ginger root chopped
4 green chiles finely chopped fresh cilantro
and mint leaves, chopped
2 eggs. bread crumbs, vegetable oil
salt and black
pepper.

Method

Put the fish in a lightly greased steamer and cook for 10 minutes, remove the steamer from the heat and leave the fish on the steaming tray to cool.

Flake the fish with with a fork and place in a large bowl.

Add the potatoes, scallions, chilies, ginger, cilantro, and mint, seasoning and 1 egg; beat the remaining egg in a bowl.

Shape the mixture into patties. Dip the patties in egg, then coat in bread crumbs.

Heat the oil and fry the patties, until brown. Serve hot with chili sauce or chutney.



Fish

Fish Soup

Ingredients

6 slices - surmai / pomfret fish
4 cups water
5-6 cloves garlic roughly pounded
1 tsp soya sauce
1 very flat spoon of sugar
1/2 tsp pepper powder
salt to taste
1/2 cup shredded cabbage

Method

Put all the ingredients in a vessel

Bring to a boil.

Simmer for about 7 mins or more.

Make sure fish is cooked.

Serve hot.



Fish

Fish Cutlets

Ingredients

1 tin of tuna fish
1 large onion, chopped fine
1/4 piece ginger, chopped fine
3 cloves garlic, chopped fine
2 green chillies chopped fine
One small bunch cilantro, chopped fine
1 tsp garam masala & cayenne pepper
Salt to taste
Bread crumbs
2 eggs, beaten well
1 large potato boiled and mashed
half a cup of cooked peas

Method

Fry the fish in some oil, till slightly brown, with some salt and garam masala and keep aside. Fry the onions till brown.

Add the ginger and garlic and fry for a while. Add the salt and garam masala and fry some more.

Then add the green chillies and cilantro and stir for a little while Add the onion masala from step 5, peas and the mashed potato to the fish and mix well.

Shape into cutlets. Heat oil in a deep frying pan. Take one cutlet at a time, dip in egg, then dip in the bread crumbs.

You may repeat this step for crisper cutlets. Deep fry the cutlets

Drain them on paper towels and serve hot with an onion salad and mint / tamarind chutney.



Fish

Fish Fry

Ingredients

1 Pound any fish, but I prefer pomfret or cat fish.
2 tps red chilli powder
1 tps salt
1 tps turmeric powder
1 tps of ginger garlic paste
1 tps of garam masala powder
1/2 tps of dhania powder
1/2 tps of lemon juice
oil for frying

Method

Marinate the fish with the above powders and mix well.

Keep it aside for 10 to 15 mins and deep fry in hot oil.

Remember the oil should be hot at the starting and you can reduce the flame afterwards.

Garnish it with finely chopped coriander leaves.



Fish

Kerala Fish Curry

Ingredients

King Fish or
 (Salmon or Mahi Mahi) - 1 kg
 Chili powder - two tablespoonful
 Turmeric powder - half teaspoonful
 Fenugreek - half teaspoonful
 Mustard seeds - one tea spoonful
 Red onions - 4 cut pieces
 Garlic - 3
 Ginger - 4 pieces
 Coconut oil - 1/4 cup
 Curry leaves - 10 stems
 Salt - As required
 Tamarind.

Method

In a frying pan, heat about a quarter of a cup of coconut oil or vegetable oil until the oil is hot enough to break a few mustard seeds in this oil.

Now add the chopped onions, few curry leaves and split green chilies and stir fry.

To this add a mixture of turmeric, chilli powder, water and cook. When the oil begins to clear add the remaining spices previously ground, half a cup of 'tamarind water' and sufficient additional water to make enough gravy Cook until the gravy is thick. Put this aside.

In a separate large frying pan, prepare a bed of curry leaves. Arrange the pieces of fish on this bed. Pour the previously prepared gravy over this, The pieces of fish should be completely covered.

Add the remaining curry leaves and tamarind, cover with a lid and cook slowly. Do not stir, if necessary you can lift the frying pan by it's handle and give it a gentle rotating or rocking motion during cooking to spread the gravy evenly.

Stop cooking when the fish pieces are cooked sufficiently and the gravy is thick.



Fish

Fish Tamarind Gravy

Ingredients

Cat Fish 1 kg (after cleaning)
 Medium size Onions 4 (ground)
 Greenchillies 6 (cut length wise)
 Tamarind (two fists)
 Ginger_Garlic paste 4 tsps
 Garam masala 4 tsps
 Chilli powder 4 tsps
 Turmeric powder
 Butter milk or Curd
 Salt to taste
 Oil 200 gms
 A whole bunch of fresh Coriander

Method

Soak the tamarind in 1/2 a glass of hot water for atleast 20 minutes. Make a puree of it. Meanwhile, cut the fish into fist size pieces and clean the pieces with some salt, butter milk or curd and turmeric powder (1/2 tsp) and then with water. Mix the fish pieces in a bowl with chilli powder, 4 pinches of turmeric powder, salt and ginger-garlic paste. Heat oil in a non_stick cooking dish and put the ground onion into it. Fry it on a medium heat till the onion becomes light brown. Now pour the tamarind puree, put the chillies into the dish. Empty the bowl of fish pieces into the dish. Add salt according to your taste. Let the gravy cook on a low heat. In between, keep moving the dish holding the sides of it to stir the contents.

A wooden spatula can be used by taking care that the pieces are not disturbed much. Add garam masala and finely chopped coriander 2 minutes before removing the dish from the flame. Those who do not like the gravy to be much hot and sour, they can reduce the quantity of chillipowder, garam masala and tamarind.



Fish

Goan Fish Curry

Ingredients

Fresh Fish (like Pomfret, King Fish, etc)
 Red Chilly Powder - quarter tsp (for marinating the fish)
 Turmeric powder - quarter tsp (for marinating the fish)
 Fresh Grated Coconut - one cup
 Red Chilly Powder - half tsp.
 (depends on how hot you want the curry. If you like hot food,
 you may increase the quantity)
 Turmeric powder - half tsp.
 Tamarind - half inch
 Onion - one (small)
 Dried coriander seeds - 1 tsp
 Pepper - quarter tsp
 Oil - 1 tsp
 Salt - to taste

Method

Clean the fish, wash and apply quarter tsp red chilly powder, quarter tsp turmeric powder, salt and keep aside. Cut finely half of the onion.

Grind finely coconut, red chilly powder, turmeric powder, tamarind, half of the onion, coriander seeds, pepper.

In a vessel, put oil and add the finely cut onion. When onion gets cooked, add the marinated fish and let cook with onion for 1 min. Then add the ground coconut mixture. Add little water (quantity of water depends on how thick you want the curry. But the curry taste good when it is a little thick).

Add salt to taste. Remove from fire when curry boils.

Prawns



Prawn Tikka

Ingredients

Gray Prawns 500 gm
Natural Yogurt 1/4 Cup
Garam Masala 1 tsp
Garlic Paste 1 tsp
Ginger Paste 1 tsp
Lemon 1 medium size
Turmeric Powder 1 tsp
Salt a pinch or according to taste Red Chilly Powder 1 tsp
dhaniya-zeera powder 1/2 tsp
Butter 1 tbsp.

Method

Wash the prawns. Remove shell and black string from the prawns.

Mix Prawns with turmeric powder, salt and juice of 1 lemon. Keep it aside for 15 minutes.

Mix Yogurt, Garlic Paste, Ginger Paste, Garam Masala, Chilly Powder and dhaniya-zeera powder into a bowl and mixed with prawns. Marinate the prawns for 2/3 hours.

Roast the prawns in Barbecue Grill and apply butter and marinade from time to time

Prawns



Green Prawn Pulao

Ingredients

1 cup Basmati rice washed and drained.
1 cup shelled, deveined prawns.
1 tsp turmeric powder.
1/2 tsp shajeera.
1/2 cup chopped coriander leaves
salt.
oil for frying.

To grind:

3/4 green chillies.
2 tsp chopped garlic.
7/8 peppercorns
5/6 cloves
1 tsp chopped ginger.
1 inch cinnamon

Method

Wash prawns, apply salt and turmeric powder and leave aside for 15 minutes.

Shallow fry the prawns in oil but do not let them harden. Save the oil.

Heat 2 tbsp oil, add shajeera. When it splutters add the ground masala and fry till oil separates.

Then add the drained rice and fry for 2 minutes. Add one and a half cups water to it, add salt and mix it.

When the water boils reduce the flame and cook the rice on slow fire till done.

Fluff up the rice with a fork and mix fried prawns and sprinkle some of the oil used for frying prawns on the rice. Cover and leave on slow fire for five minutes.

Prawns



Tomatoes Stuffed with Prawns

Ingredients

8 medium size tomatoes
1 cup cooked prawns - cut fine
1 large onion - cut fine
2 green chillies (deseeded) or 1 tbsp chillie sauce
2 eggs
1/4 tsp pepper powder
Juice of 1 lime
1 cup bread crumbs
Salt to taste

Method

Slice the top of each tomato and scoop out the contents.

Heat 2 tbsps oil, fry tomato pulp, onion, green chillies, prawn & pepper powder until dry.

Add juice of 1 lime and salt to taste.

Refill the tomatoes, spread beaten eggs & bread crumbs over.

Bake at 160°F in an ordinary oven for approx. 7-10 mins or fry.

Serve with sliced capsicums.

Prawns



Spicy Prawns

Ingredients

Prawns - 500 gms (cleaned)
Onions - 500 gms (finely chopped)
Tomato - 500 gms (finely chopped)
Red chillies - 2
Mustard seeds - 1/2 tbsp
Chilli Powder - 2 tbsp
Coriander Powder - 1 tbsp
Turmeric Powder - 1 tbsp
Ginger Garlic Paste - 2 tbsp
Oil - 250 gms

Method

When the oil in the pan is hot, put mustard seeds and red chillies. When it splutters, put onions and saute it till it becomes golden brown.

Then add tomato and wait till it is cooked well and smashed in oil.

Add prawns and saute for a while. After 5 minutes add ginger garlic paste and saute continuously for 5 more minutes.

Add chilli powder, coriander powder and turmeric powder mix well and add 1/2 glass of water and stir. Wait till the water is evaporated and the oil separates from the dish.

Decorate it with finely chopped coriander leaves.

Delicious spicy prawns is ready now and you can serve it with Plain Rice and Sambar.

Prawns



Prawn Kabab

Ingredients

- 12 Prawns big size
- 3 Tsp Ginger paste
- 3 Tsp Garlic paste
- 2 Tsp Lemon juice
- Salt to taste
- 1 cup Curd
- 1 cup Cream
- 3 Tsp Gram Flour
- 1 Tsp white Pepper
- 1 Tsp Ajwain (caraway)
- 1 Tsp Clove Powder

Marination:

Shell & clean the prawns in the water and shed it for ten minutes.
Blend the curd & cream properly then add 3 Tsp Gram Flour, 1 Tsp white Pepper, 1 Tsp clove Powder & mix it again.

Method

Mix the dried Prawns in this marination and add salt to taste. Mix the marination and put it in the Silver Foil fully covered & Freeze it for Two hours.

Insert the Prawns one by one in the oven stick and tandoor it for 20 minutes until it is golden brown.

Put butter over the Prawns and Oven it for 2 minutes at 180 degrees.

Prawns



Prawn Pulav

Ingredients

2 cups Prawns washed cleaned and divined
2 cups Basmati Rice washed and dried
1 tablespoon Ginger Garlic Chillies paste
1/2 tsp Turmeric powder
1 tsp Chilli powder
2 tsp Tandoori Masala
1 Onion finely chopped
2 tsp Whole Masala (1 bay leave, 4 cloves, 4 peppercorns, cinnamon 1 stick, 1 javatri, 2 cardamon)
Chopped Coriander Leaves 2 tbsp
3 tbsp Oil
Salt to taste

Method

Add the chilli powder, turmeric and salt and tandoori masala to the prawns and keep aside.

Heat oil in a flat bottom pan. Add the whole masala and let it crackle. Add ginger garlic chilli paste and fry for a minute. Add onions and fry till translucent. Add the washed rice and fry for five minutes on low flame. Add the prawns along with its masala and fry for a minute.

Add 4 cups of hot water. Cover and cook till rice is done.

Garnish with chopped coriander leaves.

Prawns



Coconut Prawn Gravy

Ingredients

Prawns - 750 grams
Onions - 1 large, ground to a paste
2 medium, sliced finely
Chilli paste - 2 tbsp
Bay leaves - 3
Coconut Milk - 1 cup thick and 1 cup thin (milk can be extracted from one large coconut,
or tinned coconut milk may also be used)
Green Cardamom - 3 to 5
Salt to taste
Oil for frying

Method

Wash and dry the prawns in a kitchen towel. Set aside.

Heat oil in a wok (kadai). Add bay leaves and green cardamom and fry for a few minutes.

Add sliced onions and fry till golden brown. Then add the ground onion paste and the chillie paste. Fry for several minutes adding little water, as necessary, to prevent the masala from burning.

Add the prawns. Stir thoroughly and then add the thin coconut milk. Keep simmering in high heat till the gravy reduces to a half. Add salt to taste.

Finally add thick coconut milk and simmer in medium heat for 12 to 15 minutes.

Serve hot with rice.

Prawns



Prawns and Cauliflower in Coconut Milk

Ingredients

250 gms. Cauliflower [flowerets]
 20 medium size Prawns [cut the hacksaw type head side]
 3 medium size Onions [cut in square]
 2 medium size Tomatoes. [cut in square]
 2 medium size Green Chillies [slot and deseeded]
 2 tea spoons Ginger-Garlic paste.
 2 tea spoons Red Chilly powder.
 1 tea spoon Turmeric Powder.
 1 tea spoon Garam Masala Powder.
 4 cups Coconut Milk.
 4 spoons
 oil
 Salt to taste and Green Coriander for garnish.

Method

Heat oil in a flat pan.

Add chopped onion and saute till translucent. Add tomatoes and saute.

Add red chilly powder, turmeric powder, ginger- garlic paste and cook till oil separates.

Add cauliflower, saute till bit cook. Add prawns and salt Stir neatly.

Add 1/2 cup of water, keep lid and cook till prawns half cooked. Add coconut milk and garam masala powder and green chillies. Cook till thick gravy.

Garnish with green coriander.

Serve with Boiled Rice or Roties.

Prawns



Brinjal Prawn Curry

Ingredients

1/2 lb Prawn medium side

1/4 lb Brinjal cut into 1 by 2 inch slice

1/4 lb tomato chopped

1/2 tb cumin

1/2 tb mustard

1/2 tb turmeric

1 tb cumin, 2tb mustard, 3 green chilli, coriander leaves, 4 cloves of garlic and a quarter inch of ginger grind all these ingredient into a paste with 2 tb of water

Salt to taste

5 tb of oil

1/2 cup of water

Method

First clean the prawn.

Take 2 tb of oil in a frying pan, and fry the brinjal until golden brown. Keep the fried brinjal aside.

Then take 2 tb of oil and fry the prawn in low heat until golden brown.

Keep the prawn fried aside and take 1 tb of oil and when oil start to heat add the 1/2 tb of cumin and 1/2 tb of mustard.

Then add the chopped tomato and then stare for couple of second and let it cook for 2 to 5 minute and then add the fried prawn first and stir well and then add the brinjal and add the paste and turmeric and salt to taste and let it cook for 5 minute and add 1/2 cup of water.

And keep your pan in high heat upto boiling point then reduce the heat and keep it in low to medium heat for 5 minute. And your curry is ready serve hot with rice.

Prawns



Pepper Prawns

Ingredients

1/2 Kg of Prawns
2 large size Onions
5-6 Green Chillies
1/4 tsp Turmeric
1 tsp Chilly powder
Coarsely ground Black Pepper Powder
Salt to taste
Kothmir (Coriander Leaves)

Method

Cut the onions into desired size. Chop the green chillies.

Pour oil into a vessel. Add onions, green chillies, fry them in the oil till it get browned and then put the prawns into the fried onions and let it get cooked for (5 min) then add turmeric, black pepper powder, chilly powder and salt to taste.

Mix everything together and cook for (15 to 20 min) on medium flame.

Garnish with coriander leaves.

Serve hot with rice or chapathis.



Crabs

Baked Crab

Ingredients

6 large crabs
4 tbsp butter
2 tbsp flour
2 cups milk
1/2 tsp pepper
1/2 tsp tobasco
1 cup grated cheese
2 eggs
1 capsicum or green chilli (de-seeded)
2 tbsp tomato sauce
1/2 tsp mustard powder
1 tsp salt

Method

Clean crabs and chop the meat.

Melt butter in a pan, add flour, fry a little, then add hot milk, stir until thick and creamy, add the rest of the ingredients, leaving a little cheese aside.

Cool the mixture.

Beat eggs a little and add to the above mixture; pour all this in a greased baking dish, sprinkle with cheese and bake in a hot oven until set.

Serve hot.

Note: The dish can be prepared and keep, and baked just prior to serving. The mixture could also be baked in crab shells.



Crabs

Crab Salad

Ingredients

1/2 green bell pepper, chopped
1 onion, chopped
3 tablespoons butter
250 gms crabmeat (pre-boiled)
1 cup mayonnaise

Method

In a medium skillet, saute the green pepper and onion in the 3 tablespoons of butter, for 3 minutes.

Stir in the crabmeat and saute for another 3 minutes. Remove from heat and put mixture into a mixing bowl.

Stir in Mayonnaise. May be served warm or cold.

To make the salad even more interesting, you can add Iceberg lettuce (tear into rough pieces), a cucumber chopped fine, and baby corn, boiled and chopped medium.



Crabs

Crab Sandwich

Ingredients

- 4 round buns
- 1/2 cup grated cheese (can use more if required)
- 1 cup crab meat, cooked
- 1/4 cup tomato puree
- 1/2 tsp sugar
- 1/3 tsp salt
- 1 onion, chopped finely
- 2 garlic flakes, crushed
- 1/4 tsp black pepper powder
- 1/4 cup capsicum, chopped finely

Method

- Mix all the ingredients except buns and cheese.
- Refrigerate for 2 hours.
- Half the buns.
- Butter the halved buns.
- Spread the crab mixture evenly on 4 halved buns.
- Top it with grated cheese.
- Cover the stuffed buns with other halved buns.
- Broil the buns in a griller till cheese melts.
- Serve with lettuce leaves and tomato slices.



Crabs

Crab Soup

Ingredients

1/2 kg crab meat, cooked and flaked, cartilage removed
1-1/2 cup chicken stock
2 cups water
2-1/2 cups tomatoes, chopped
3/4 cup chopped celery
3/4 cup onion (chopped fine)
1 cup corn kernels
1 cup peas

For Seasonings:

1 teaspoon seasoning (a dash paprika and celery)
1 bay leaf
1/4 tsp pepper
1 tsp lemon juice

Method

Put chicken stock, water, tomatoes, celery, onion, and seasonings in a vessel, and bring to a boil.

Simmer for about 20-30 minutes.

Add corn and peas

Simmer 10 minutes more (or till the corn is cooked).

Add crab meat; simmer until heated through.

Remove bay leaf

Serve hot



Grabs

Grilled Crab Burgers

Ingredients

4 slices of bread, buttered
1/4 cup grated cheese
1/2 cup bread crumbs

For Patties:

1 cup crabmeat
2 tbsp mayonnaise
2 sprig spring onion, chopped finely
2 tbsp cumim powder
2 tsp red chilli powder
1/2 cup corn kernels, boiled
Salt as per taste
1/4 tsp white pepper powder

Method

Mix all the ingredients of patties.

Make 4 patties of the mixture.

Roll the patties in bread crumbs (both the sides).

Prepare barbeque (medium flame).

Grill the patties for approx 10-15 min (turning occasionally).

Put the patties on bread slices, top with grated cheese.

Grill the bread till cheese melts (approx 5 min).

Serve with ketchup and french fries.



Crabs

Steamed Crab

Ingredients

1 kg Crab, cleaned and halve

Grounded Ingredients:

2 lemon grass (serai)
1" galangal(lengkuas)
3 nips garlic
1" ginger

For the Sauce:

1 tbsp light soya sauce
3 tbsp thick soya sauce
2 tbsp oyster sauce
1 tbsp sweet plum sauce(optional)
A few drops sesame oil
1-1/2 tsp corn flour + 1 cup water
Salt to taste
2 tsp sugar

For Garnishing:

2 red chillies chopped thinly
1 stalk spring onions

Method

Place the crab on a metal pan ready to steam.

Combine the pounded ingredients and the sauces together in a different bowl.

Stir mixture to get a smooth sauce.

Pour the sauce on the crab.

Place the metal pan over rapid boiling water.

Wipe off the cover before closing.

Steam for 35-40 min.

Garnish with red chillies and spring onions.

Serve hot with rice.



Crabs

Masala Lobster

Ingredients

2 Lobsters
 1 big Onion finely diced
 1 big Onion chunky pieces
 5 Garlic cloves (mashed)
 1" Ginger (mashed)
 2 Tomatoes (cut into slices)
 2 Green Chillies
 1 tsp Chilli powder (as you like)
 1 tsp Turmeric powder
 Chopped Coriander leaves
 3 tbsp Oil (or according to your choice)
 Salt to taste

Method

Boil the Lobsters with 1/2 tsp salt, for about 12-15 minutes in medium flame.

Clean the boiled Lobster and remove the unwanted shells.

Cut the Lobster into 6 slices and drain the water. Marinate with 1/2 tsp Turmeric powder.

Heat 2 tbsp oil in the pan. Add sliced Lobster and medium fry.

Remove the Fried Lobster slices to another bowl.

Heat 1 tbsp oil in the pan. Add garlic, ginger, onions and keep frying till they are brown. Add Turmeric powder, cinnamon powder & chilli powder. Stir well.

Add Fried Lobster slices, chunky onion pieces and fry for couple of minutes. Add 1-cup water & Salt to taste. Let it boil for 3 to 4 minutes. Remove the pan from the flame.

Garnish it with sliced tomato, green chillies & coriander leaves.

Serve hot with any main course.



Crabs

Masala Crab Curry

Ingredients

Big size Crab - 6 pcs
Onion paste - 1/4 cup
Ginger Garlic paste - 1/4 cup
Tomato Puree - 1/2 cup
Curd - 1/4 cup
Water - 1 cup
Whole Garam Masala few
Whole Jeera - 2 tsp
Bay Leaf - 2 nos
Garam Masala Powder - 2 tsp
Turmeric powder - 2 tsp
Salt as per taste
Fresh Coriander for garnish

Method

Clean the crab and boiled it for 2 minutes. Take only the fleshy parts for cooking.

Heat a pan add bay leaf, jeera and whole garam masala in it. Add onion paste, garlic ginger paste, tomato puree in it.

Now add curd and salt, turmeric powder ,garam masala powder and the crab in it.

Mix all and fry them till it removes oil. Add water in it. Cover it for 10 minutes in a slow flame.

Garnish it with coriander leaves and serve hot with Rice or Paratha.



Crabs

Crab - Snow Peas Curry

Ingredients

- 1/2 kg crab meat
- 1/4 kg snow peas
- 1 tsp shredded ginger
- 2 tbsp peanut oil
- 1/2 cup chicken broth
- 1 tbsp onion paste
- 1/4 tsp garlic paste
- 1/2 tsp white pepper powder
- 1 tbsp soy sauce
- 1 tbsp cornstarch dissolved in 1/4 cup water

Method

Heat oil very hot.

Saute crab meat for 2 minutes.

Add ginger, onion paste, and garlic.

Saute for another minute.

Add snow peas and remaining ingredients.

Cook for 7-8 minutes, till gravy thickens.

Serve hot with rice.



Crabs

Hot Crab Dip

Ingredients

1 cup canned crab meat
1 onion, chopped finely
2 garlic flakes, crushed
1 cup cream cheese, softened
1/2 cup mayonnaise
1/2 cup milk
1/4 cup celerey, finely chopped
1 tsp chilli sauce
1/4 tsp white pepper powder
1/2 tsp lemon juice

Method

Drain and flake the meat, keep aside.

Blend mayonnaise, cream cheese and milk well.

Add meat, celerey, salt, onion, garlic, lemon juice and chilli sauce.

Mix it well.

Pour in a baking dish.

Garnish with white pepper powder.

Bake it at 350° degrees for 30 minutes.

Serve with toasted bread / bread loafs / crackers.