

Crab Linguine



June is here and it's time to kick off your summer boating season. Why not take a trip to one of the many beautiful harbours of the Isle of Wight, pick up some locally caught crab and serve up a sophisticated and delicious lunch.

Just add sunshine and a chilled glass of crisp white wine.

- Best Dressed Crab, Bembridge (Harbour shop and café - 01983 874758)
- Phillips Sea foods, Cowes (111 High St – 01983 245247)

You will need –

- 1tbsp of Olive Oil
- 400g Linguini (Use a good quality brand if you can such as De Cecco)
- 1 Red Chilli deseeded and finely chopped
- 2 Small cloves of garlic, peeled and finely chopped
- A small handful of flat leaf parsley, leaves picked and roughly chopped
- 1 x Unwaxed Lemon
- 1 x tsp of fennel seeds, crushed (Crush these using the side of your chef's knife in the absence of a pestle and mortar)
- 200g White Crab Meat
- 200g Brown Crab Meat

*You will need a citrus zester for this recipe.

Method

One.

Put the linguini on to boil in the largest saucepan available.

Two.

While the pasta is cooking take a large frying pan and heat the olive oil on a medium-low heat. Add the fennel seeds, chilli and garlic and fry gently until they are soft but not coloured. This should only take a couple of minutes.

Three.

Add the brown crabmeat, the zest of half a lemon and juice of a whole lemon and stir, keeping on a low heat.

Four.

Drain the pasta and add this to the sauce. Add the white meat and flat leaf parsley and toss the whole thing together. Serve immediately.

Serves Four.

***Tip**

Before you drain the pasta, reserve a couple of tablespoons of the water it has been cooked in. When you have finished adding all the ingredients and pasta together, you can use the water to loosen the sauce if it looks a little stiff or dry.