

Sautéed Soft Shell Crab, Grilled Asparagus, Lemon-Parmesan Reggiano Sauce

Serves 4

4 ea. Jumbo soft shell crabs

About 2 C. all-purpose flour

Salt and pepper

1 # Asparagus, stems snapped

Olive oil

2-3 Tbs. White wine

¼ C. Water

Zest and juice of 2 lemons

2 Tbs. butter

¼ C. freshly shaved parmesan

1. Clean crabs by removing the lungs and cutting of the face. (Or have the fishmonger do it for you.)
2. Season flour well with salt and pepper
3. Toss asparagus in a little olive oil and season with salt and pepper. Grill lightly and keep warm.
4. Heat a skillet over medium heat.
5. Toss crabs in flour and shake well. Place oil in skillet and place crabs in, top-side down. Brown lightly and turn. BE CAREFUL! Crabs sometimes pop when cooked.
6. When crabs are cooked, place atop asparagus on four plates. Return pan to heat.
7. Deglaze with white wine. When nearly cooked away, add water and bring to a simmer. Whisk in butter and lemon. Remove from heat and stir in Parmesan and correct seasonings. Spoon over crabs and asparagus.