

Crab linguini

For this recipe we use Sandys best “*posh*” white and brown crab meat. Both of these come direct from our supplier on the south coast where they catch, cook and pick this delicious product. You can get everything you need for this recipe from us at Sandys, including the pasta. We supply stunning traditional linguini, made in Italy with first quality durum wheat semolina and we make the sauces in-house so you don’t have to. Here’s our easy peasy, super quick recipe.

Ingredients:

300g pasta Jesce linguini
200g white crab meat
200g brown crab meat
10ml cold water
¼ bunch of parsley roughly chopped
1 lemon
1 Sandys prawn sauce
1 Sandys tomato garlic sauce

Method:

- Mix the brown crab meat with the water and a good squeeze of lemon
- Put the water on to boil
- Add the pasta to the water and cook for 7 – 8 min
- Put the sauces in a pan and bring to boil, gently turn heat off and put a lid on to keep it warm
- Just before the pasta is cooked add the brown meat mix, give a good stir and bring back up to the boil
- Add the white crab meat and the cooked pasta stir in well
- Sprinkle with fresh chopped parsley

Tip:

If the sauce gets too thick, use a little of the pasta water to let it down. This will help firstly because the water is hot and seasoned. With good quality dried pasta some of the starch comes out in the water which helps bind the sauce to the linguini. Removing the pasta 1 minute before its done, allows you to finish cooking it in the sauce so it absorbs the flavours. It is important to use the right amount of salt to pasta to water. 10-100-1000 being the ratio of salt to pasta to water. So, 10 grams of salt is the right amount to cook 100 grams of pasta in 1000 millilitres of water (1000 ml = 1 litre).

