

Wasabi pea pancakes with Cornish crab



As the festive period sets into the Cornish calendar year, we hunt for recipes that are easy to prepare by everyone. Cornwall has a bounty of edible Crab ranging from the more commonly eaten and identifiable shore crab to the less appreciated spider crab. Here is a recipe to prepare at home and get your kids involved in making something not so naughty but really nice.

- Serves: 4
- Cooking Time: 20 mins

Ingredients

- Crab mix:
- 1 red onion, peeled and very finely diced
- 250ml tub Greek yoghurt
- Juice 1 lemon
- 500g crab meat
- 2 tbsp olive oil
- Bunch parsley, very finely chopped
- Salt and pepper
- Tabasco or anchovy essence

- some sprouts or shoots for garnish
- For the pancakes:
- 225g Pea flour
- Squeeze of wasabi paste
- 1 egg
- 1 egg yolk
- 125ml cream
- 90g flour
- Salt and pepper
- Few knobs butter and some olive oil

Method

Get a boiled crab from the fish monger.(If you have caught your own Crab, it tastes even better!)Smash it up. Pick the best bits of white and brown meat.

Wash your hands thoroughly and check the crabmeat for bits of shell (it happens sometimes). Mix all the ingredients into the crabmeat, season well with the Tabasco/anchovy essence and set aside.

Pop the peas into a bowl of boiling water for just 30 seconds, then drain and rinse under cold water to cool them down. Put in a food processor. Add all the other ingredients except the flour and blitz until smooth. Finally, fold in the flour and let it rest for a while. You can do this the night before.

Fry the pancakes in a little oil and a knob of butter until golden on both sides. Make each one about four inches across. Drain on kitchen paper and you can fry them off in advance and then just re-heat them on a baking tray before serving. You don't need them to be hot, just warm. Serve with a suitably sized blob of the crab mix on top.

Pea pancakes with chilli crab recipe

Bright-green pea pancakes topped with sweet and hot chilli crab - the perfect nibble with summer drinks

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Treats for a summer party, including, top-right, pea pancakes with crème fraîche and crab Photo: YUKI SUGIURA. Tanzania cotton by Thibaut

MAKES

48 to 50

INGREDIENTS

300g (10½oz) frozen peas, defrosted
2 large eggs, lightly beaten
135ml (4½fl oz) double cream
3 tbsp chopped parsley
40g (1½oz) plain flour
25g (1oz) butter, melted and cooled
oil for frying
200g (7oz) white crab meat (picked over to remove any little bits of shell)
½ red chilli, deseeded and finely chopped
½ tbsp chopped chives
½ tbsp chopped parsley
1 tbsp extra-virgin olive oil
1 tbsp lemon juice, or to taste
200g (7oz) crème fraîche

METHOD

Put the defrosted (uncooked) peas in a food processor with the eggs, cream, parsley and seasoning. Pulse-blend so you end up with a rough purée (you want some big bits of pea still left in it). Stir in the flour and the melted butter.

Heat 1½ tbsp oil in a large frying-pan and, once hot, add teaspoonfuls of batter to make [pancakes](#) about 3-4cm (1¼-1½in) across. You should be able to fry about 12 at a time, adding a further 1½ tbsp of oil for each new batch. Once you can see that the batter is set underneath, turn over each pancake. Cook until golden on each side. Be careful: you don't want the pancakes too dark – they should still be a beautiful green.

Transfer to baking-sheets and leave at room temperature if you are going to serve them soon, or cover with clingfilm and put in the fridge. Allow them to come to room temperature before reheating them.

Gently mix together the crab, chilli, chives, parsley, oil, lemon juice and 3 tbsp of the crème fraîche. Season to taste.

Preheat the oven to 120°C/250°F/gas mark ½. Warm through the pancakes for about seven minutes before serving – they shouldn't be piping hot or the crème fraîche will just run off them. Using a teaspoon, put a blob of crème fraîche on each pancake, topped with a small spoonful of the crab mixture.

Wasabi Pea Pancake with Crab Salad

Looking for the perfect hors d'oeuvre to wow guests at your next dinner party? With this recipe designed by our own Chef Karen O'Connor, we've got you covered!

Pancake:

*1 cup Peas
1/2 cup Flour
1/4 tsp Baking Powder
2 tsp Butter, melted
2 tsp Wasabi Paste
1/4 cup Milk
1 tsp Salt
1 Egg
1/2 tsp Pepper*

Put peas in food processor until they are mashed but not completely puréed. Mix the dry ingredients together and add to the peas. Whisk the egg, milk, butter and wasabi paste together and add to the pea mixture. Heat a frying pan over medium heat until hot then lightly brush with oil. Working in batches, pour a teaspoon of the pancake batter onto pan and cook until bubbles appear and undersides are golden brown. Flip with spatula and cook other side.

Crab Salad:

*1/2 lb Lump Crab Meat
1/3 cup Snow Peas, blanched and julienned
1/2 cup Red Pepper, julienned
1 Green Onion, thinly sliced on the diagonal
1/4 cup Mayonnaise
1 tsp Lemon Juice*

1/2 tsp Minced Ginger
1 tsp Sesame Oil
Salt and Pepper, to taste

Garnish:

1 tbsp crushed Wasabi Peas
Pea Sprouts

Mix all ingredients together and top each pancake with a large dollop. Garnish with crushed wasabi peas & pea sprout, serve and enjoy!

Bon appétit! Let us know how yours turn out!