

SIMPLE ALASKA CRAB STIR-FRY

Prep Time: 12 minutes

Cook Time: 15 minutes

Serves: 4 to 6

2 pounds Alaska Snow Crab clusters, frozen

1/2 teaspoon Szechwan seasoning

1 cup vegetable, fish or chicken broth

Rinse Alaska Snow Crab clusters under cold running water to remove any ice glaze; pat dry with paper towels. Discard towels.

Place crab in wok or nonstick fry pan. Add seasoning and broth. Heat broth to boiling; reduce heat to simmer. Cover and cook for 8 to 10 minutes, until the internal temperature of the crab reaches 145°F (use an instant-read thermometer and test crab in the shoulder section). Remove crab from pan; cover and keep warm.

2 carrots, peeled and sliced diagonally, about 1½ cups

2 celery ribs, sliced diagonally

2 green onions, sliced in 1-inch pieces

1 red bell pepper, cored and sliced in strips

1 cup (3 oz.) snow peas

1 Tablespoon stir-fry sauce

1/4 teaspoon red curry paste

1 teaspoon cornstarch

1/4 cup water

Add vegetables to broth and stir-cook for 3 minutes. Blend stir-fry sauce, curry

paste, cornstarch and water. Stir into vegetables and cook an additional 1 to 2 minutes until mixture thickens slightly.

Serve one cup vegetables with each crab cluster.