MANNING WOLFE

Betty's Fried Soft Shell Crabs

Ingredients:

- Crab
- Vegetable oil for deep-frying
- 1 tablespoon Old Bay or Greek Seasoning, plus more for sprinkling
- 1 cup all-purpose flour
- 1⁄2 teaspoon salt
- 1⁄4 teaspoon ground black pepper
- 8 soft-shell crabs, cleaned and rinsed gently under cold running water

Instructions:

- Preheat the oil in a large saucepan or deep fryer to 360 degrees F.
- Crab: Rinse crabs and pat dry.
- Combine the flour with the Old Bay or Greek Seasoning, salt and ground black pepper and stir to combine well.
- Lightly dredge each crab in the seasoned flour, making sure that the crabs are completely coated.
- Using tongs, gently lower the crabs (in batches if necessary) completely into the oil and fry until golden brown, about 2 to 3 minutes.
- Turn the crabs over and fry an additional 2 to 3 minutes, or until golden brown and crispy all over.
- Be careful - crabs will splatter as they are cooking! Carefully transfer crabs to paper-lined plates to drain briefly.
- Sprinkle with Old Bay when still hot.

Same recipe may be used for Fried Shrimp or Fish.

WINE PAIRING: Pinot Grigio