



Saucy Fried Crabs Recipe

Preparation Time	10
Cooking Time	27
Serving Size	6

Ingredients:

- 600 g crab, alimango
- 1/4 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp cornstarch
- 2 cup oil, for deep-frying
- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 2 Tbsp ginger, cut into strips
- 2 Tbsp black beans (tausi), drained
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water

Preparation:

1. Season crabs with salt and pepper. Sprinkle with cornstarch. Deep-fry until cooked. Halve the crabs then set aside.
2. In another pan, sauté garlic and ginger in oil. Add tausi, DEL MONTE Filipino Style Tomato Sauce and water. Simmer, covered for 5 minutes over low heat.
3. Add crabs, toss to coat with sauce. Heat for 1 minute.

Chef's Tip

Always buy live crabs and consume immediately. Dead crabs turn bad quickly and may cause illness.

Lusog Notes

This Saucy Fried Crabs recipe is high in vitamin A that helps support normal growth and development. It is also a source of calcium that makes bones and teeth strong.

Cooking Skills Needed

- Deep Frying

Cooking Tools

- Pot