Soft Shell Grab A Lowcountry Staple

Step 1: To Prepare the Grab

- 1. First, clean the crab by placing it belly down in one hand and kitchen shears in the other.
- 2. Next cut off the face right behind the eyes, then lift up each side of the shell and cut the gills off each side.
- 3. Last, flip the crab over and cut off the tail/apron at an angle where it meets the body.

Step 2: To Prepare the Breading

- 1. Soak in a seasoned buttermilk then shake off excess and place the crab into seasoned flour, make sure to dredge well even under the sides of the crab (this is important so the grease doesn't pop).
- 2. Then, heat up the fryer to 350 degrees
- 3. When the oil is ready, gently place the crab in the grease (canola or peanut oil works best) for 1.5-2 minutes per side or until golden brown. Remove the crab and let rest on a paper towel to absorb excess grease and enjoy with your favorite salad or sides.