

crab chettinand

preparation time: 25 minutes
cooking time: 1 hr 10 minutes
chilli rating: medium

difficulty level: medium
serves: 6



ingredients

1.5 kg blue swimmer crabs
1/3 cup coriander seeds
1 cup vegetable oil and unsalted butter
2.5 cm cinnamon stick
3 green cardamom pods
3 cloves
1 kg brown onions, chopped
salt flakes, to taste
2 1/2 tbs ginger, grated
2 1/2 tbs garlic, crushed
1 tbs chilli powder
1 tbs ground turmeric
1 kg tomatoes, finely chopped
1 cup fresh coriander leaves, chopped
18 kari leaves, chopped roughly
1 tbs black peppercorns, crushed
coriander leaves, extra, to serve
3 cups polished rice (basmati or sona masoori) (see blog), to serve

method

Clean crabs and cut into quarters.

In a spice grinder, grind coriander seeds to a powder. Set aside.

In a degchi or large frying pan, combine oil and butter over low heat.

When hot, add cinnamon, cardamom and cloves and cook for about 30 seconds, until fragrant.

Add onion and 1 teaspoon of salt, and cook, stirring often, for 15-20 minutes, until onions are dark golden brown.

Add ginger and garlic, and cook for 1 minute.

Add ground coriander, chilli powder and turmeric and stir for 1 minute.

Add tomato and cook, stirring often, for about 10 minutes, or until tomatoes are soft.

Add crab and cook, covered, turning pieces occasionally, for 15-20 minutes, or until shells turn red and meat is just cooked.

Remove crab pieces to a plate. Add coriander, kari leaves and peppercorns to sauce in pan, mixing well. Taste and add salt, if desired.

Return crab pieces to the pan and turn to coat with sauce.

Serve with coriander leaves alongside basmati rice.

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