

## Salt Baked Mud Crab



### Ingredients

- 1 live mud crab (approximately 1.5 to 2 kg)
- 2 kg coarse sea salt
- 4 egg whites
- 1 lemon, sliced
- Fresh herbs (such as thyme or rosemary), for flavor (optional)
- Melted butter or your preferred dipping sauce, for serving

### Instructions

1. Preheat your oven to 200°C (400°F).
2. In a large mixing bowl, combine the coarse sea salt and egg whites. Mix well until the salt is evenly coated with the egg whites, forming a thick paste-like consistency.
3. Prepare a baking tray or dish lined with aluminum foil. Spread a layer of the salt mixture on the bottom of the tray, creating a bed for the mud crab.
4. Place the live mud crab on top of the salt bed. If desired, you can add slices of lemon and fresh herbs inside the crab's cavity for added flavor.
5. Generously cover the mud crab with the remaining salt mixture, ensuring it is completely sealed. The crab should be entirely buried in the salt.
6. Transfer the baking tray to the preheated oven and bake for about 25-30 minutes, or until the salt crust hardens and turns golden brown.
7. Carefully remove the salt-baked mud crab from the oven and allow it to rest for a few minutes.
8. To serve, crack open the salt crust using a mallet or a spoon, revealing the aromatic mud crab inside. Remove the crab from the shell, separating the legs and claws from the body.
9. Serve the salt-baked mud crab with melted butter or your preferred dipping sauce. Enjoy the succulent and flavorful meat of the crab.
10. Delight in the unique flavors and tender texture of the salt-baked mud crab. This cooking method infuses the crab with a subtle salty taste while keeping the meat moist and succulent.

### Notes

Be cautious when cracking open the salt crust as it may be hot. Ensure the crab is fully cooked by checking that the flesh is opaque and firm.

