

Recipe of the Week

Baked Stuffed Crayfish



2 Live Crayfish
1 cup Soft Bread Crumbs
3 tbsp Melted Butter
2 tbsp Grated Parmesan Cheese
1 tsp Grated Onion
1 tsp Crushed Garlic

Plunge live crayfish headfirst into enough boiling, salted water to cover. Cook for approx 2 minutes. Remove from water and place on cutting board. With a sharp knife, split lengthways from head down to tail. Clean crayfish and remove black vein.

Combine breadcrumbs, melted butter, parmesan cheese, onion and garlic. Spoon into body cavities.

Place crayfish, shell side down in shallow baking pan. Bake at 180oC until lightly browned and meat is cooked, approx 30-35 minutes