Crab in a salt crust

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制备过程	20 分钟
烘烤的时间：烘烤时间取决于机器	20 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

1 crab, fresh, about 600 g in weight

1 kg coarse salt

1¼ tsp five-spice powder

600 ml water

Rinse the crab under cold running water and pat dry with kitchen paper.

将发酵桶预加热 热风+清蒸 到 **200 °C**

In a bowl, mix the salt and five-spice powder together and add the water. Place a quarter of the seasoned salt on a tray lined with baking paper and spread flat as big as the crab. Lay the crab, belly-side up, on top of the salt, cover with the rest of the seasoned salt and press down lightly.

Put the baking tray into the preheated cooking space. Cook.

放入食物

在 热风+清蒸 期间为 **200 20** 分钟°C

Gently remove the crab from the salt using tongs. Brush off the excess salt, remove the crab's shell and cut the crab into two. Place on a plate and serve.

配件

Baking tray

附加信息

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