



Crispy Grain-Free Soft-Shell Crab

Dairy-Free, Nut-Free, Gluten-Free, Grain-Free, Whole 30

Sauce Prep Time: 5 Minutes

Fridge Time: 30 Minutes

Total Time: 35 Minutes

Crab Prep Time: 20 Minutes

Cook Time: 10 Minutes

Total Time: 30 Minutes

Serves: 4

Bangalore Style Sauce Ingredients

- 3 Tablespoons Coconut Aminos
- 3 Tablespoons beef bone broth
- 2 Tablespoons fresh lime juice
- 2 to 3 Serrano chilies, halved lengthwise and very thinly sliced crosswise
- 1 tablespoon light coconut sugar
- 1 large shallot, very thinly sliced
- 1/3 cup chopped cilantro (garnish added right before serving)

Crab - Ingredients

- 2 large egg whites
- 4 soft-shell crabs, cleaned and patted dry
- ½ cup [Otto's Naturals – Cassava Flour](https://www.ottosnaturals.com/cassava-flour)
- 1 Tablespoon freshly ground white pepper
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- Oil, for frying

Instructions

1. Combine Sauce Ingredients in a bowl and refrigerate for at least 30 minutes. **Note:** Can make ahead of time, just don't add garnish until serving.
2. In a large saucepan, heat 2 inches of oil until 375°F. Set a wire rack over a baking sheet.
3. In a bowl, whisk the egg whites until frothy. Add the crabs and turn to coat. In another bowl, whisk the cassava flour, white pepper, salt and cayenne.
4. Combine cassava flour, white pepper, salt, and cayenne pepper in a bowl. Dredge 2 or 3 of the crabs at a time in the flour mixture and add them to the hot oil. Fry over high heat, turning once, until golden brown and crisp, about 3 minutes. Transfer the crabs to the rack.