



## Cangregos Criollos (Crabs, Creole Style)

### Ingredients:

12	crabs	1/2 lb	garlic
1	bunch of coriander	1	red chilli pepper
1	bunch of oregano	3+bsp	mustard
3	onions	3+sp	salt
3	red onions	1+sp	cumin
1	green pepper		large helping of black pepper
2	bottles of beer		

### Instructions:

Wash the crabs thoroughly. Crush the garlic. Chop all of the onions and the green pepper into large slices. Now pour 3 litres of water into a large pan.

Add the crushed garlic, the cumin, all of the chopped onions and the green pepper to the large pan. Then add the oregano, coriander and the unchopped red chilli pepper.

Bring to a boil while adding salt. Then slowly add 1 bottle of beer and once again bring the pan to a boil. Put the crabs in the pan one at a time and place the lid on the pan.

After 2 minutes, turn down the heat and add the other bottle of beer plus the 3 spoons of mustard. Bring to a boil once more and let it simmer for half an hour, after which test to see if the crabs are properly cooked.

Serve with a salad of tomato, red onion and coriander.

