

West Indies Curried Crab Roti

A Recipe by Chef Walter Staib

Serves 6

1 cup onions, chopped
1 tablespoon garlic, minced
8 ounces high-quality unsweetened coconut milk
1 sprig fresh thyme
2 tablespoons Madras style curry powder
1 tablespoon lemon grass, minced or Gourmet Garden lemon grass or Gourmet Garden Thai blend
1 tablespoon chili pepper, minced or Gourmet Garden chili pepper
Freshly ground black pepper, to taste
1 cup potatoes, ¼-inch cubes, precooked to 95%
1 tablespoon parsley, minced or Gourmet Garden parsley
1 pound canned Blue crab meat, picked over
6 tablespoons mango chutney, for serving such as Major Grey Mango chutney
6 8-inch whole wheat tortillas
Pineapple relish, for serving, recipe follows

Spray a nonstick skillet with pan spray. Add the onions and sweat over low heat until translucent, about 5 -7 minutes. Add the garlic and cook an additional minute to toast. Pour in coconut milk and thyme and simmer over medium heat for about 10 minutes, or until thickened a bit. Add the curry powder, Gourmet Garden lemon grass, Gourmet Garden Thai blend and Gourmet Garden chili pepper. Season with pepper. Add the potatoes and simmer until cooked through and fork tender, about five minutes. Stir in the Gourmet Garden parsley, add crabmeat and remove from heat.

To serve, spread 1 tablespoon mango chutney in the center of each tortilla. Spoon curried crab on top in a line in the center and roll like a burrito.

Serve with pineapple relish.

Chef's Note: *Add the crab meat at the last minute and be careful not to overcook because it is precooked when purchased pasteurized in a can.*

Pineapple Relish

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Makes 6 cups; Serves 6

1 medium very ripe fresh pineapple, peeled and cut into battonettes (see Chef's Note) or 6 cups diced pineapple
½ cup red onion, finely chopped
½ cup Marukan rice wine vinegar
1 tablespoon lemon grass, minced
1 tablespoon fresh ginger, minced
1 tablespoon chili pepper, minced
1 tablespoon cilantro, minced
Freshly ground white pepper, to taste

In a medium-size mixing bowl, combine all of the ingredients. Cover and refrigerate for about 2 hours, until completely chilled.

Serve alongside curried crab roti or as an accompaniment to meats, poultry, or fish.

Store in a tightly sealed plastic or glass container and refrigerate for up to 8 weeks.

Chef's Note

Preparing a Pineapple: Cut the top and bottom off of the pineapple. Then, remove the outer skin with a chef's knife. Cut the pineapple in half lengthwise and then in half again. Cut out and discard the core. Dice the remaining fruit.

Nutritional Breakdown – West Indies Curried Crab Roti

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH West Indies Curried Crab Roti	6	340	9.8	6.3	67	529	6	42	21

Nutritional Breakdown – Pineapple Relish

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Pineapple Relish	6	84	0	0	0	42	2	23	1