

Crabmeat with Snow Peas Recipe

Ingredients: Serves 4

4½ cups chicken stock, canned chicken broth or water
200g snow peas, trimmed, or pea shoots
Vegetable oil, for passing through, plus 1 teaspoon
200g fresh lump crabmeat, picked over for shells and cartilage
2 tablespoons rice wine or dry sherry
½ teaspoon salt
1 teaspoon sugar
1 teaspoon cornstarch
1 scallion, white part only, trimmed and minced
1 tablespoon peeled and minced fresh ginger
½ teaspoon dark sesame oil
4 teaspoons Chinese black or balsamic vinegar

Method:

Bring 4 cups of the stock to a boil in a medium saucepan. Add the snow peas and the 1 teaspoon vegetable oil, and cook until the snow peas turn bright green but still retain their crispness, about 15 seconds. Drain the snow peas in a colander; then transfer them to a serving platter. (If you are using pea shoots, wash the pea shoots and blanch them in the chicken stock until crisp-tender, about 1½ minutes. Drain the pea shoots in a colander, season them with a pinch of salt, and then transfer them to the serving platter). Heat a large wok over high heat. Add enough oil to come about 1½ inches up the sides of the wok, and heat it to 170°C. Add the crabmeat and cook for 30 seconds. Using a fine-mesh strainer, taking care that the crab does not fall through the slots, transfer the crab to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. Mix the remaining ½ cup stock with the rice wine, salt and sugar in a small bowl, and set it aside. Dissolve the cornstarch in 1 tablespoon cold water in another small bowl, and set it aside. Return the wok with the oil to high heat. Add the scallion and ginger, and stir-fry for 15 seconds. Add the crabmeat and the stock mixture, and stir-fry until the crabmeat is hot, about 20 seconds. Stir in the cornstarch mixture and the sesame oil, and cook until the liquid thickens, about 10 seconds. Pour over the snow peas. Drizzle the black vinegar over the crabmeat and serve immediately.