

SEA'S
THE DAY



Crab Sandwich

The 'Sea Dog' Selsey crab sandwich

Makes one round

Ingredients

- 100g white Selsey crab meat
- 50g brown Selsey crab meat
- 2 slices freshly cut bread
- pinch of sea salt
- crack of black pepper
- lemon
- butter

Method

Simply butter the two slices of bread.

Mix together the white and brown crab meat. Spread over one slice of bread. Season with the salt and pepper and a squeeze of lemon to taste.

Serve with salad and sea salt crisps and enjoy.

Recipe supplied by Potters of Selsey.

A crab a day keeps the doctor away

Crab meat is packed with things that are good for you. It is a source of protein, low in fat and easy to digest.

It is also full of vitamins and minerals and Omega-3 polyunsaturated acids and Selenium, which is great for our immune systems.

The NHS recommends 'that regular fish-eaters should avoid eating brown crab meat too often, (but) there is no need to limit the amount of white crab meat that you eat.'

Buy local catch direct from the sea food retailers at East Beach, Selsey or from local fishmongers and the Chichester Farmers' Market. See the complete set of Sea's the Day recipe cards for more inspiration.



The Sea's the Day project celebrates the Selsey fishing industry. The fascinating stories and memories of the fishermen and their families have been recorded and used to create a short film and a book. The recipe cards show you how to prepare tasty meals in your own kitchen using the local species the Selsey fishermen catch.

www.peninsulapartnership.org.uk/projects/seas-the-day/

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