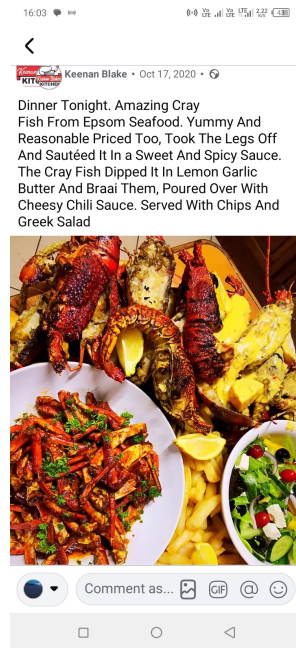


Breco Seafood Braai Competition

Braaied crayfish

By Shantal chunder



Seafood: Crayfish

Serves: 5

Preparation time: 10 min

Cooking time: 25 min

The story

What makes it special this Heritage Day is my mum's recipe passed down to me. Fresh crayfish sizzling in her famous lemon garlic butter over open flames, family gathered around. It's more than food, it's her love, our heritage, and memories braaied into every bite its a recepie my kids would also cherrish

Ingredients

MY CRAYFISH BRAAI FEAST

Amazing Crayfish from Epsom Seafood - yummy and reasonably priced too!

How I did it on the braai:

1. Prep:

- Cut crayfish in half lengthways, clean out.
- Take legs off and keep aside.

2. Lemon Garlic Butter Dip (for braai):

- 100g butter melted
- 4 garlic cloves chopped
- Juice of 1 big lemon

- Handful parsley, salt & pepper

Mix it all. Dip and brush the crayfish meat generously.

3. On The Braai:

- Place crayfish flesh side down on medium hot braai grid.
- Braai 4-5 mins.
- Flip, brush more lemon garlic butter, braai 3-4 mins until meat is white and slightly charred.
- Don't over-braai - it will get tough!

4. Sweet & Spicy Braai Legs:

- Put a small pan / foil tray on the braai.
- Add knob of butter, 2 tbsp sweet chilli sauce, 1 tbsp honey, splash soy sauce.
- Toss legs in and sauté on the braai for 3-4 mins till sticky.

5. Cheesy Chilli Sauce:

- In a potjie on the braai, melt cheese with little milk, add chopped chilli.
- Pour over crayfish as soon as it comes off the braai.

Served with hot chips and fresh Greek salad.

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