



TIDE TO TABLE



Photography by Michael Cheser

Char-Grilled Blue Crabs with Old Bay Butter

A backyard favorite with a coastal twist: smoky, charred blue crabs brushed with a buttery, garlicky Old Bay sauce.



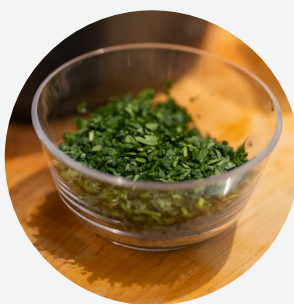
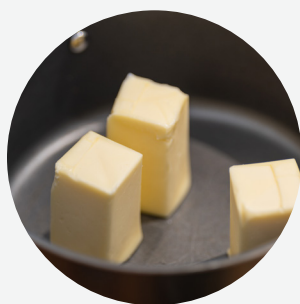
INGREDIENTS

Old Bay Butter

- 2 sticks unsalted butter
- 4 cloves garlic, smashed and diced
- ½ bunch parsley, finely chopped
- ½ Tbsp chili flakes
- 3 Tbsp Old Bay seasoning
- 1 Tbsp Dijon mustard (optional)
- 1 lemon

Crabs

Fresh blue crabs, cleaned and prepped
(see Tide to Table episode for instructions)



INSTRUCTIONS

Step 1: Make the Old Bay Butter ●

1. Melt the **butter** in a saucepan over medium heat.
2. When nearly melted, stir in **garlic, parsley, chili flakes, Dijon** (if using), and **Old Bay**.
3. Lower heat and keep warm until ready to baste.



Step 2: Prepare the Grill ●

1. **Preheat grill** to medium-high heat.
2. While heating, **clean and prep the crabs** (see Tide to Table episode for full instructions).

Blue crabs are at their sweetest when cooked over high heat; the grill adds a smoky depth that steaming just can't match.



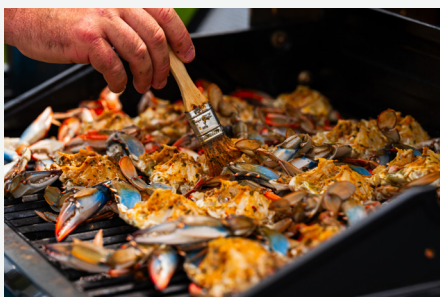


Char-Grilled Blue Crabs with Old Bay Butter, contd.

INSTRUCTIONS, CONTD.

Step 3: Grill the Crabs ●

1. Lay **crabs** on the grill and brush generously with **Old Bay butter**.
2. **Cover grill** and cook for 5–7 minutes.
3. Brush with more **butter** and continue cooking for 5–7 minutes more, depending on crab size.
4. Crabs are ready when claws are bright red and the cavity bubbles.



Step 4: Finish & Serve ●

1. Remove crabs from the grill.
2. Squeeze **lemon** juice over top.
3. Serve hot with extra **Old Bay butter** for dipping.



*For the most flavor, brush crabs with butter **both before and after** grilling.*

Pair with cold beer or a crisp white wine; it cuts through the richness and makes this messy, hands-on meal even more memorable.



Don't worry about perfection; this dish is meant to be a little messy. Serve it family-style with plenty of napkins, extra butter on the side, and let everyone dig in.



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CRAB



GRILL



35 MIN.

PRINTER-FRIENDLY VERSION—PRINT THIS PAGE TO KEEP HANDY IN YOUR KITCHEN WHILE COOKING

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WATCH THE
EPISODE!

