

# Fried Soft Shell Crab Po Boy

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/soft-shell-crab-indian-recipe>

## Ingredients:

- 6 soft shell crabs jumbo, cleaned and washed
- 3 cups wondra flour
- 1 tablespoon kosher salt to season flour
- 1/2 teaspoon ground black pepper to season flour
- 2 cups milk
- 4 eggs beaten
- 4 cups panko breadcrumbs
- 2 cups romaine lettuce shredded
- 3 medium tomatoes Kumato if possible, sliced
- 2 tablespoons extra-virgin olive oil to dress the romaine
- 1 1/2 cups extra-virgin olive oil for frying
- 1 1/2 cups vegetable corn or canola oil, for frying
- 1/4 cup sumac marinated onions, recipe follows
- 6 hamburger rolls soft
- 3 tablespoons softened butter
- salt
- pepper
- oregano dried greek, to season the buns
- 2 teaspoons sugar
- 1 tablespoon sherry vinegar
- 1 pinch sumac
- 1 1/2 red onions peeled and julienned
- 2 cups mayonnaise
- 1/4 cup red onion fine diced
- 1/4 cup capers finely chopped
- 1/4 cup green cracked olives pitted finely chopped
- 2 tablespoons dill chopped
- 1 tablespoon grated lemon zest chopped
- 1 tablespoon lemon juice
- salt
- pepper

## **Nutrition:**

1. Calories: 2220 calories
2. Carbohydrate: 196 grams
3. Cholesterol: 275 milligrams
4. Fat: 148 grams
5. Fiber: 13 grams
6. Protein: 38 grams
7. SaturatedFat: 27 grams
8. Sodium: 4010 milligrams
9. Sugar: 28 grams

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