

THE FISH TRAP

2025 Crab Fest recipe book





THE FISH TRAP

Food has a magical way of bringing people together and that's exactly the intention of The Fish Trap.

This book celebrates Mandurah's food culture and brings together a range of locally inspired recipes from our city's restaurants and chefs, as well as some delicious dishes combining local produce from personalities a little further afield.

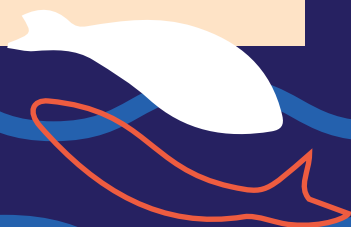
Mandurah, originally named Mandjoogoordap, (Mand-joo-goor-dap), meaning meeting place of the heart was the home of the Binjareb tribe. The abundance of fresh fish in the area supported communities from the South West when they visited the area for gatherings.

Mandurah has always had a strong connection to the beautiful waterways that it is built around and the local produce and in particular the local fresh seafood that the area is renowned for.

In the early days of European settlement, Mandurah became home to commercial fisherman who operated canneries which serviced the local and overseas markets. Today, if you ask anyone what their fondest memories of Mandurah are, crabbing will no doubt be mentioned. Mandurah is home to the Blue Manna Crab species and over the years the two have become synonymous.

We hope that you enjoy cooking these delicious, locally inspired recipes and leave with a taste (and fond memories!) of Mandurah.

The Fish Trap (Mungah): A wooden weir that was made of brush and sticks laced together into a 'barrier' stretching across the river bank, leaving only a small gap in the centre, where fish were forced into by the current. People stood on either side of the gap, tossing out hundreds of the fish that passed through.



HOW TO CLEAN & PREPARE A CRAB

1

Ensure your crabs are dormant by putting them in the freezer for about 20 minutes.



2

Turn the crab over.



3

Pull the triangular flap down.



4

Pull the triangular flap away from the body of the crab.



5

Ensure that the triangular flap and attached underside of the crab are completely removed from the main body of the crab.



6

Remove the grey gills of the crab.



7

Scoop out the insides of the crab.



8

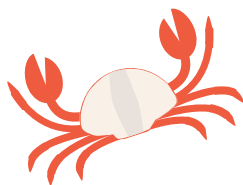
Once you have washed your crab under fresh water it is ready to use.



CRACK A CRAB

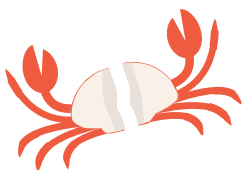
1

Start with a clean, cooked crab.



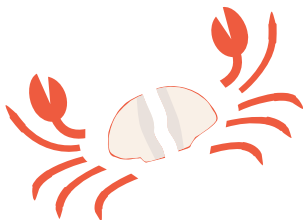
2

Break crab in half using legs for leverage.



3

Separate the legs and pull out meat.



4

Crack the claws using a knife and mallet, or you can use a crab cracker.



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CHEF KELVIN CHEUNG

INGREDIENTS:

1kg crabs
40g ginger, julienne
50g onion
50g scallion
20g garlic
20g dry red chilli
3g Thai chilli

35g corn starch (for dusting)
60g oyster sauce
15g soya sauce
10g dark soya sauce
30g corn starch (for slurry)
40g butter

METHOD:

1. Prepare the crab:

Cut the crab in half, then divide each half into three sections to separate the legs.

Gently crack open the claws for ease of eating.

Lightly dust the crab pieces with cornstarch.

2. Flash-fry the crab:

Heat oil in a deep pan or wok to 180°C.

Fry the crab pieces in batches until just crispy and golden brown, about 90 seconds.

Remove and drain on a paper towel.

3. Stirfry the aromatics:

Heat a clean wok over high heat. Add a little oil.

Stir-fry the ginger, garlic, onion, scallions, dried chillies (if using), and Thai chillies until fragrant and softened.

4. Build the sauce:

Pour in the stock and bring to a simmer.

Add oyster sauce, soy sauce, and dark soy sauce. Stir well.

Thicken the sauce by gradually adding the cornstarch slurry while stirring.

5. Toss the crab:

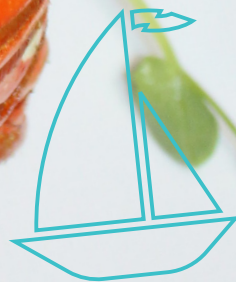
Add the fried crab back into the wok and toss garnish with fresh lemon and lime wedges.

Serve hot with steamed rice or crispy mantou buns for dipping into the sauce.

Serve with lemon and lime wedges.

DAD'S GINGER SCALLION WOK FRIED CRAB





CERVANTES ROCK LOBSTER TAIL

on Romesco Sauce

INGREDIENTS:

1kg live rock lobster
100g roasted pepper strips
50g garlic butter
50g breadcrumbs
1 tbs red wine vinegar

1 lemon (grilled ½ lemon,
½ lemon juice)
Salt & white pepper
20g pea sprouts (decoration)

METHOD (COOKING):

1. Boiling is one of the simplest ways to cook lobster. Bring a pot of salted water to the brink of boiling over high heat, then plunge your lobsters headfirst into it and cover, ensuring they are completely submerged. Cook them 10-12 min (for 1kg). When cooked through, shells will turn bright red. Remove from the pot using tongs or a slotted spoon and let cool before serving.
2. **Romesco puree:** blend all ingredients as follows: roasted red pepper strips, red wine vinegar, bread crumbs, lemon juice, seasoning. Place in fridge.

METHOD (LOBSTER PREP):

3. To prepare cooked lobster, start by twisting off the legs and detach the tail from the body by bending it backwards until it separates. Use your hands or a cracker to split open the tail lengthwise. Discard the black intestinal vein. Then brush them generously with melted garlic butter on both sides before placing them in the oven for about 7-8 minutes at 210°C until they turn golden brown and grill ½ lemon at the same time.
4. Serve immediately on romesco and decorate with sprouts.

INGREDIENTS:

4 cups homemade chicken stock*
 1 tbs olive oil
 1 shallot, finely chopped
 1 cloves garlic, minced
 salt and white pepper
 1 bay leaf
 2 tbs unsalted butter
 1 cups arborio rice*
 ½ cup dry white wine
 ½ cup freshly grated parmesan, plus more for garnish
 3 scallops
 50g raw blue swimmer crab meat
 20g diced onions
 1 tbs butter
 40g peas
 50ml cooking cream

RISOTTO METHOD:

1. Warm chicken stock in medium saucepan over medium-low heat, cover and keep warm while you make the risotto.
2. Heat olive oil in another medium saucepan over medium heat until shimmering. Add shallot, ½ of the garlic, salt and white pepper. Cook, stirring occasionally, until vegetables are softened (3 - 4 min). Add the bay leaf and 1 tbs butter, stirring until butter has melted, about 1 min.



SEARED SCALLOPS

on Crab & Pea Risotto

3. Add the rice and toast, stirring only once, until it smells nutty and starts to turn light golden brown (3 - 4 min).
4. Pour in wine and simmer, stirring occasionally, until evaporated completely (2 - 3 min).
5. Ladle one cup of stock into rice and cook, stirring gently without stopping, until liquid absorbs (2 - 3 min). Check by moving rice aside to see that no liquid pools in centre.
6. Repeat process, adding stock a ladleful at a time, until rice is al dente (17 - 19 min). Discard bay leaves.

For saucier risotto, add more stock ¼ cup at a time.

7. Stir in parmesan, remaining 1 tbs butter, salt and black pepper. Serve with more parmesan, if desired.

ADD IN FLAVOURED RISOTTO:

1. Add flavour into risotto.
2. Blanch peas in boiling water for 3 min and transfer to icy cold water.
3. In a hot pan add diced onions and crab meat.
4. Cook glossy (1 - 2 min), until there is no colour.
5. Add 100g risotto.
6. Add 1 tbs butter and 50ml of cream.
7. Cook until the rice and meat are fully cooked.
8. Add peas and cook for another minute.
9. Pan sear scallops with rest of garlic. Sear from both sides.



CHEF'S NOTES:

Homemade chicken stock is preferable. You can substitute quality low sodium chicken broth, but it will affect the flavour. Refrigerate any leftover stock in an airtight container (up to 1 week).

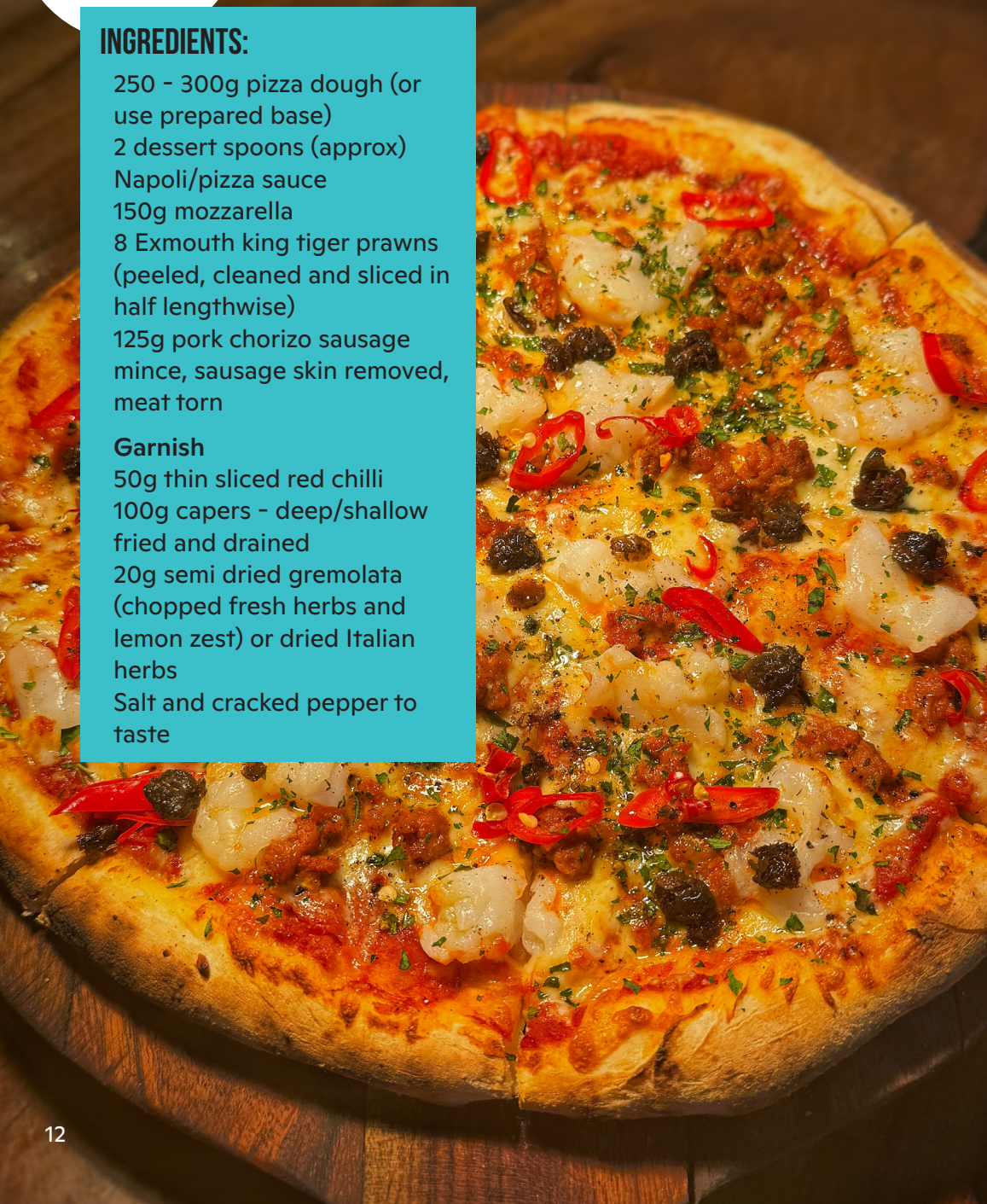
Arborio rice is a medium-grain Italian variety grown for making risotto.

INGREDIENTS:

250 - 300g pizza dough (or use prepared base)
2 dessert spoons (approx)
Napoli/pizza sauce
150g mozzarella
8 Exmouth king tiger prawns (peeled, cleaned and sliced in half lengthwise)
125g pork chorizo sausage mince, sausage skin removed, meat torn

Garnish

50g thin sliced red chilli
100g capers - deep/shallow fried and drained
20g semi dried gremolata (chopped fresh herbs and lemon zest) or dried Italian herbs
Salt and cracked pepper to taste



SALT AND SEAFOOD PIZZA

METHOD:

1. Turn on the oven to 220°C to preheat the oven. Keep the door closed as the heat will allow the pizza to prove and become fluffy from the sudden change in temperature.
2. Start by stretching and rolling out the pizza dough to a rough 12" round base to form the shape of the pizza.
3. Evenly spread the pizza sauce around the centre and majority of the base leaving 1-2cm around the edge to allow the crust to form. Be sure to use all the pizza sauce as this will add a rich tomato tone to the final taste which helps elevate the flavour.
4. Evenly disperse the sliced prawns around the pizza making sure to stay within the tomato base 'border' you've made, and then tear and spread the chorizo mince/ sausage in-between the prawns, making sure its evenly shared amongst the entire of the pizza to have even flavouring.
5. Roughly sprinkle the Mozzarella over the pizza. You want to mis-match the weight of cheese over the pizza which allows it to bubble and create a fluffy pizza everyone loves!
6. Cook for approx 10 min making sure to spin the pizza 180° for an even cook.

If it takes longer for the prawns to cook, put it in for 3-minute intervals checking between each rotation, until it is golden brown.
7. Once the pizza is cooked, cut into your desired number of slices (normally 8 pc). Sprinkle over the fried capers, chilli, and gremolata.

Finish with salt and pepper and finally drizzle EVOO olive oil for a nice shine.
8. Share with your friends (or yourself!) with your favourite Wedgetail brew, as there's always time for a Wedgie.



INGREDIENTS:

Lemon curd (make first)*

3 egg yolks – room temp
1 whole egg – room temp
140g white sugar
70ml juice of whole lemon
6g lemon zest (1 medium lemon)
50g cold unsalted butter

Sponge (make second)*

200g white sugar
4 large eggs
1 lemon, zested
225g butter, softened
240g plain flour
1½ tbs baking powder

Lemon mousse (make last)

4 eggs - separated
60g of the lemon curd
50g whipping/heavy cream
2 tbs white sugar

** Can use store bought if preferred.*

LEMON CURD METHOD:

1. Place a small pot of water on the stove and bring to a rapid simmer.
2. Wash and zest lemon, set aside. Juice the same lemon, set aside.
3. Whisk the whole egg and yolks in a metal bowl that can be placed over the pot of water.
4. Add 1 tablespoon of cold water and the sugar to the eggs, whisk and place over the simmering water.
5. Add the lemon juice and zest to the mixture, once combined switch to a spatula.
6. Regularly scrape the mixture round the bowl until curds coat the back of the spatula.
7. Take the bowl off the heat and add the butter in 5-10g increments.
8. Let the bowl cool and refrigerate.

SPONGE METHOD:

1. Preheat oven to 200°C (180°C fan forced).
2. Grease and line a 9" cake tin.

LEMON 3 WAYS

3. Wash, zest and juice lemon.
4. Add the sugar to the zest and mix until the sugar becomes yellow, set aside.
5. Mix the lemon sugar and butter until light and fluffy – approx 3-5 min.
6. Add the eggs to the sugar mixture and gently beat together.
7. Combine the dry ingredients into the mixture, be careful to not over mix!
8. Pour mixture into prepared cake tin and bake for 18-22 min.
9. Cool for 10 minutes and place on a wire rack.
4. Add $\frac{1}{4}$ of the egg whites into a bowl containing the curd and whisk together gently.
5. Add the rest of the whites gradually and begin to gently fold the mouse together, gently as the mousse will collapse.
6. Add $\frac{1}{2}$ the whipped cream and fold gently.
7. Cover and refrigerate the other $\frac{1}{2}$ (keeps for 5-7 days).

LEMON MOUSSE METHOD:

1. Whip cream until it holds peaks (approx 3-4 min) wrap and refrigerate.
2. Separate the egg yolks and whites (you can freeze the leftover yolks for 3 months and use in a later curd!).
3. Whip the egg whites for 1-2 min until soft peaks form, gradually add the sugar until firm peaks form – then stop whisking!





THORNY DEVIL

INGREDIENTS:

For the ribs:

Baby back beef ribs
Tabasco sauce
Freshly cracked pepper
Pink Himalayan rock salt

For braising:

Sliced carrots
Onions, roughly chopped
Celery, chopped
Thorny Devil Chocolate Maple
Imperial Stout

Sides:

Coleslaw with apple cider
vinaigrette
Cabbage, shredded
Carrots, julienned
Red onion, thinly sliced
Apple cider vinegar
Olive oil
Honey or sugar
Salt and pepper

Hand cut chips or wedges:

Potatoes
Olive oil
Salt, pepper, smoked paprika



SMOKED BEEF RIBS

METHOD

(best followed whilst enjoying a cold Thorny Devil beer):

Prepare the ribs:

1. Generously lather baby back beef ribs with Tabasco sauce.
2. Rub with equal parts of pepper and salt.

Smoking:

3. Preheat BBQ smoker to 120°C. Place ribs in smoker and smoke until they reach an internal temperature of 65°C.

Braising:

4. In large pan or dish, combine sliced carrots, onions, and celery. Mix in equal amounts Thorny Devil Chocolate Maple Imperial Stout and water. Place smoked ribs into mixture, cover tightly, and return to the smoker for an additional 3 hours or until the meat is tender and falling off the bone.

Resting:

5. After braising, rest ribs covered in foil for 30-60 min.

Serving:

6. Cut ribs into portions. Dress with Thorny Devil BBQ Sauce for an extra kick of flavour. Garnish with spring onion.

SIDES PREPARATION:

Coleslaw:

7. Toss shredded cabbage, julienned carrots and thinly sliced red onion in a bowl. Whisk together apple cider vinegar, olive oil, honey, salt, and pepper to make the vinaigrette. Pour over vegetables, mix well and refrigerate until serving.

Hand cut potato chips or wedges:

8. Slice potatoes into desired shapes, drizzle with olive oil, and season with salt, pepper, and smoked paprika. Cook in air fryer at 180°C for about 30 min (or until crispy on outside and soft inside).



CHEF'S NOTES:

The unique addition of Thorny Devil Chocolate Maple Imperial Stout in both the braising liquid and BBQ sauce brings a rich, smokey flavour with a hint of sweetness that perfectly complements the beef ribs. This dish not only highlights our local produce but also showcases our innovative approach to traditional BBQ.

BOUNDARY ISLAND BREWERY

INGREDIENTS:

2 smoked beef portion ribs
(300g each, smoked for 10hrs)
150g charcuterie mix
2 tbs extra virgin olive oil
200ml light tomato & fennel
Sugo (home made)
70ml white wine

1 tbs garlic butter
1 tbs fresh chopped parsley
250g cooked rigatoni (al dente)
50g parmesan cheese
1 tbs pangrattato
Salt & pepper

METHOD (PREPARATION):

1. Choose your charcuterie mix.
We like using any off cuts of our cured / smoked meats that we slice in house. In this case we use a mixture of smoked ham, mortadella, pancetta and prosciutto.
2. Finely dice the meats and roast in the oven (180°C, 5 min, stir, 5 min, stir, 5 min, stir) to get rid of any excess fat.
3. In the meantime cook your pasta (follow packet instructions until al dente).

METHOD (COOKING):

4. If the beef ribs need re-heating, cover in aluminum foil and reheat at 180°C for 20 min.
5. Use a medium fry pan to heat up olive oil on a high flame.

Add charcuterie mix, stir for 1 min and deglaze with white wine, turn heat down to a medium flame.

6. Once white wine has reduced, add tomato fennel sugo, garlic butter, parsley. Simmer for 5 min. Then add freshly cooked rigatoni and a little bit of excess pasta water, add salt and pepper to taste.
7. Gently stir the pasta through the sauce and spread onto 2 plates.
8. Place hot beef rib on top of the pasta, finish with freshly grated parmesan cheese and pangrattato.

SMOKED RAGOUT



GROW IT LOCAL

These recipes are proudly brought to you by the members of Grow it Local.

Grow It Local is a community of backyard, balcony, and community gardeners from all over Australia. We're on a mission to help more people grow, share, and eat fresh, local food.



DAWN'S BAKED FISH

with Mediterranean Salsa

INGREDIENTS (SERVES 4):

4 fillets of white fish (eg Basa, Snapper, Ling, Nile Perch)

Salsa

1 small to medium red onion
100g sliced black olives
4 ripe medium sized tomatoes

½ red capsicum
½ green capsicum
2 cloves garlic crushed
½ tsp dried crushed chilli (not powder)
2 tsp dried oregano
Salt and pepper

METHOD:

1. Preheat oven to 190-200°C depending on the thickness of the fish fillets you choose.
2. Chop all salsa vegetables into approx 1 cm pieces (make them all the same size) and mix in other salsa ingredients.
3. Flour fillets using approximately 1/2 cup plain flour, seasoned.
4. Melt 150g butter – not too hot.
5. After flouring whole fish fillets, dip fillets into melted butter.
6. Put on baking tray with baking paper. Pile salsa on top. (Note: save leftover salsa to add to prepared dish as desired).
7. Bake 12 - 15 min, depending on how thick fish is.
8. Serve with a green salad and on a bed of couscous or rice or short pasta.





CHARLEE'S CHILLI & SAGE SEASONING

INGREDIENTS:

Fresh sage
Fresh chillies

Salt flakes

METHOD:

1. Dehydrate chillies and sage in dehydrator until dry.
2. Blend all ingredients in the blender for just 3-5 pulses.
3. Enjoy on pizzas, soups and more.



CHARLEE'S TABBOULEH

INGREDIENTS:

Parsley
Tomatoes

Borage flowers
Chives

METHOD:

1. Finely chop parsley, tomatoes and chives, place into bowl with borage flowers and stir gently.
2. Serve immediately and enjoy!





MANDURAH

CRAB FEST

A CITY OF MANDURAH EVENT

crabfest.com.au

