

Chef from the Hood Recipes



Chef:

Darren McRonalld

Restaurant:

West County Grill, Sebastopol, CA

Recipe:

Szechwan-style Baby Back Ribs!



Spaghetti with Dungeness Crab, Mint & Chili!

Chef Darren McRonalld says, "This spaghetti is simple to prepare with ingredients that embody the spirit of West County. It's on our menu now because the local crab that's coming in is too good to miss out on. I think you'll really enjoy its bright, fresh flavor." Serving below is sized for one; just increase the quantities to make enough as needed.

Ingredients:

- 2 ounces dried spaghetti (use a good brand made from semolina flour like Italian imports Rustichella di Abruzzo or DeCecco)
- 5 to 6 ounces of picked dungeness crab meat
- 2 ounces chicken stock (good quality; Imagine or your own)
- 1 shallot, peeled and minced
- 1 tablespoon chopped fresh mint leaves
- 1 teaspoon dried red pepper flakes
- 1 teaspoon fresh lemon zest
- 1 tablespoon butter (Clover organic)
- 1 tablespoon extra virgin olive oil (West County Grill's Stephen Singer makes Olio di Oliva, use that or another good local brand)

To prepare:

Prep all ingredients. While pasta cooks in salted boiling water (until just before al dente) pull out a medium sauté pan and warm the butter and oil over medium heat. Add chili flakes and shallots and sauté until translucent and aromatic. Add chicken stock and bring to a boil. Add crab meat and mint followed by the drained, slightly under-cooked pasta and continue to cook until stock has reduced almost entirely.

Toss well, plate and finish with lemon zest and a few drops of extra virgin olive oil over the top. Serve and enjoy at once. Let each diner garnish with sea or Kosher salt, fresh ground black pepper and perhaps a wedge of lemon as desired. (West County Grill keeps perfect little bowls of course ground salt on the tables.)

West County Grill currently serves dinner only, on Wednesday through Sunday nights.
707.829.9500 www.westcountygrill.com