

Fishing in the Cromer Shoal Chalk Beds Marine Conservation Zone

Ages 4-7
Design and Technology



Learning objectives

Sea to sandwich

Design and Technology

Understand where food comes from

Crab recipes

Design and Technology

Use the basic principles of a healthy and varied diet to prepare dishes

Activity 1

Sea to sandwich

Start by asking the children how they think crabs get from the sea into a sandwich. Go through the [slides](#) that explain how crab pots work and life as a crab fisher in Cromer, then the slides explaining how a crab gets from the sea into a sandwich.

In pairs or groups, give the children the [Sea to Sandwich images](#) but not in order. Give them a few minutes to see if they can sort them into order. Go through them with the children to check they have them ordered correctly.

Can they take it in turns to explain the process of 'sea to sandwich'? Ask them how many people are involved and what their jobs are. There are additional videos to show a fisherman at work.

This session could be taken further in English through explanation writing. You may also like to explore our Sustainable Seafood resources for [lower primary](#).

Activity 2

Crab recipes

Have a go at making some savoury recipes using Cromer Crab!

The recipes included in the lesson plan are below:

- Crab sandwich (great to link with the [Sea to Sandwich session](#))
- Crab cakes (like fishcakes)
- Crab and sweetcorn chowder

Check out our [Good Fish Guide](#) for seafood ratings and more recipe ideas.

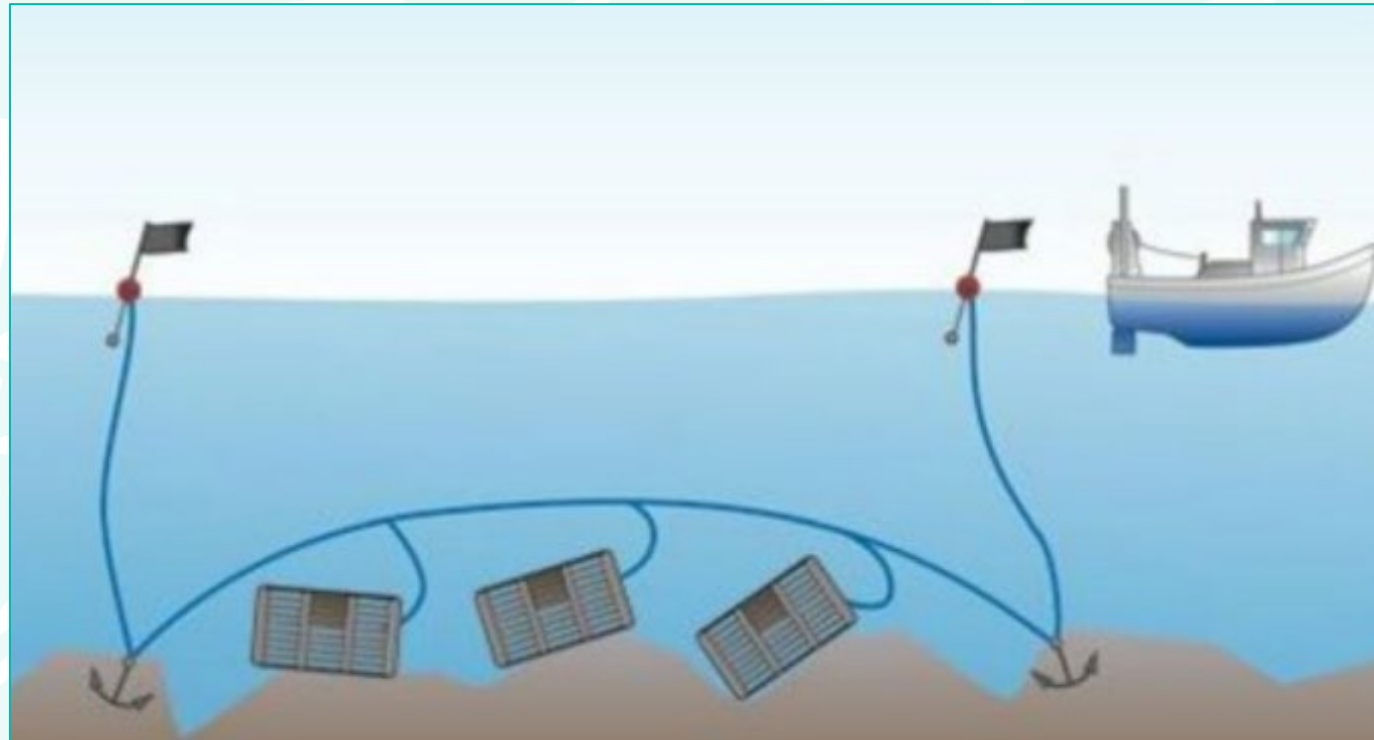
**Have you ever seen
crab pots stacked up
by the sea?**



How do crab pots work?

The crab pots are laid in lines called shanks.

There are usually 10 to 25 pots per shank depending on the size of the boat.



How a parlour (crab) pot works:

1. Bait (dead fish) is secured inside the pot between two pieces of cord

2. Crabs and lobsters want to eat the bait so they move around the pot until they find a way in

3. The crabs and lobster find an entrance. It's easy for them to crawl into the wide opening and drop into the pot



4. When they finish eating, they look for a way out. They can't get out the way they came in because it's narrow and high up

6. The slope leads into the 'parlour' which they drop into and stay until the pot is emptied by a fisher

5. They find a way to go, but this takes them up the net slope

Life as a fisher

Crab fishers are out on the water most days, weather permitting, from March to October and less often during the winter.

Depending on tides, there can be early starts in the dark. They go out in varying weather conditions so long as the wind and waves are not too strong.

The cold temperatures in the winter mean there are fewer crabs, so this time of year is used to fix damaged pots and carry out maintenance of boats.

The video on the next slide shows a Cromer fisherman's day at work out on his boat.

Life as a fisher

KEEP HAULING



Fishing on a Cromer crab boat

Sea to Sandwich

Edible (brown) crabs live in the sea.





Photo: christaylorphoto.co.uk

Being a fisher can mean some early morning starts depending on the tides.

They go to their pots which are marked with flags.

They haul in their pots. The fishers use a winch to help raise the pots.



Photos: christaylorphoto.co.uk

The pots are emptied.



The crabs and lobsters are measured and checked.



Photos: christaylorphoto.co.uk



If they are too small or are berried (have eggs) they are thrown back.

The crab pots are baited.

Fishers use a variety of bait –
scad, flounder, gurnard and
salmon heads are commonly
used.



The pots are stacked in the boat then taken to another area.



Photo: christaylorphoto.co.uk

The pots are lowered back into the sea



The fishers empty other shanks of pots then head back to shore with their catch.

When back on shore, the crabs and lobsters are transported alive to the factory.



Photo: Rob Coleman



Photo: Rob Coleman

The crabs and lobsters are stored alive at the factory.



Photo: Rob Coleman



Photo: Rob Coleman

Lobsters are stored in tanks of circulating, filtered seawater.

Crabs are stored in large boxes.

The crabs and lobsters are stunned and then cooked.



This all happens on a conveyor belt through the stunner and into the boiling water.

They are then chilled and stored before being 'dressed.'



Dressing a crab means the meat is removed from the shell.



The meat is put back in shells that have been cleaned and sterilised in boiling water.

Dressing a crab!

See a crab being dressed at
Davies Fish Shop in Cromer:



A male has a narrower apron, larger claws and a flat bottom.



JONAS
SEAFOOD
**COOKED FROZEN
DRESSED CRAB**
Net weight: 95g (Cancer payarus)

Produced and packed in Great Britain. Traditionally not caught in the North Sea. Store frozen at -18°C or below. Defrost in fridge over 24 hours. Use immediately after defrosting. Caution: May contain shellfish. Allergens in bold and underlined below. Ingredients: **Crab** (*Decapoda*), salt.

0.095 FROZEN ON **BEST BEFORE**
WEIGHT 1g **18 NOV 21** **18 NOV 22**

Nutrition Information per 100g (Typical values)	
Energy	484 kJ
	115 kcal
Fat	4.1g
- Of which saturates	0.7g
Carbohydrates	<0.5g
- Of which sugars	18.7g
Protein	0.8g
Salt	0.8g

Jonas Seafood Ltd.
Shelton Hill Way, Cromer, Norfolk, NR27 5LW
Tel: 01263 515444

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The dressed crabs are then labelled and boxed up ready to transport to the wholesaler, supermarket or restaurant.



Photo: Rob Coleman



Photo: Rob Coleman

The crabs are ready to be bought and eaten!

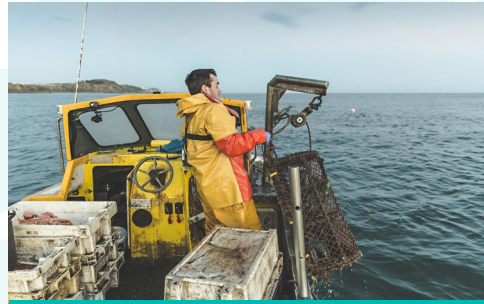


Sea to Sandwich

Can you put the pictures in the correct order to show how a crab becomes a crab sandwich?



A crab sandwich ready to eat



The fisher collects the pots in



The crabs are cooked



Crabs are taken to the factory



Packed ready for sale



A crab is living in the sea



The crabs are dressed



Pots laid in shanks in the sea



Transported to supermarket or restaurant



The crabs are taken out of the pots and measured

Sea to Sandwich

Did you get them in the right order?

1.



A crab is living in the sea

2.



The pots are laid in shanks in the sea

3.



The fisher collects the pots in

4.



The crabs are taken out of the pots and measured

5.



The crabs are taken to the factory

6.



The crabs are cooked

Sea to Sandwich

Did you get them in the right order?

7.



The crabs are dressed

8.



Packed ready for sale

9.



Transported to the supermarket or restaurant

10.



A crab sandwich ready to eat!

The North Norfolk crab fishery

This video shows crabs being dressed and served at Rocky Bottoms café:



Crab recipes

Have a go at making some savoury recipes using Cromer Crab!

Recipes include:

- **Crab sandwich**
- **Crab cakes (like fishcakes!)**
- **Crab and sweetcorn chowder**

Crab sandwich

Ingredients

- Bread
- Butter
- Crab meat
- Mayonnaise
- Salt
- Pepper
- Lemon juice
- Lettuce

Method

1. Butter the bread.
2. Mix the crab meat with some mayonnaise, a squeeze of lemon juice and season with salt and pepper.
3. Spread the mixture onto the bread.
4. Add some lettuce and top with another slice of bread.
5. Serve!

Crab cakes

Makes 10 x 6cm crab cakes

Ingredients

- 3 spring onions
- ½ a bunch of fresh flat-leaf parsley
- 1 large free-range egg*
- 750g cooked crabmeat
- 300g potatoes
- 1 tsp ground pepper
- 1 tsp cayenne pepper
- Pinch of salt
- Plain flour*, for dusting
- Olive oil

*Recipe can be made gluten free by substituting gluten-free flour

*The egg can be substituted by egg-free mayonnaise

Method

1. Peel, boil and mash the potatoes and leave to cool.
2. Trim and finely chop the spring onions.
3. Pick and finely chop the parsley.
4. Beat the egg.
5. Combine the crab meat, potatoes, spring onion, parsley, pepper, cayenne and egg in a bowl with a little salt.
6. Shape into 6cm cakes.
7. Dust with flour.
8. Shallow-fry in oil over a medium heat for about 5 minutes each side or until golden brown.

Crab chowder

Ingredients

- 1 tbsp olive oil
- 1 small/medium onion, chopped
- 2 celery ribs, chopped
- 2 medium carrots, peeled + chopped
- 2 leeks, sliced into half-moons
- 2 large potatoes, peeled and diced into small cubes
- 1 bay leaf
- 1 tsp paprika
- 1 tsp ground pepper
- 1½ tsp salt
- 1 litre vegetable stock
- 2 large tins sweet corn
- 500g fresh crab meat
- 100ml milk
- 100ml single cream
- ¼ cup finely chopped fresh parsley

Method

1. In a large hob to oven dish, gently fry onions, celery, carrots, and leeks until soft.
2. Add potatoes, bay leaf, paprika, pepper, salt and vegetable stock. Cook for about 8-10 minutes until the potatoes are halfway done.
3. Puree 2 cups of the vegetable mixture in a food processor or blender until smooth. Stir the mixture back into the pot.
4. Add sweetcorn, crab meat, milk and cream. Cook uncovered for about 8 minutes.
5. Stir in parsley and serve!