



# Lynn Crawford Goes Crabbing in the Pacific

POSTED BY DEVON SCOBLE

Lynn Crawford meets local chefs Nicholas Nutting and Martin Dean, who help her catch and cook a fresh crab dinner.



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## Tofino Beach

Tofino's dark waters may look forbidding, but they're teeming with salmon, scallops, oysters, prawns, crab and fresh seaweeds. The adjacent rainforest is also a locavore's fantasy, where wild blackberries and wild mushrooms await eager foragers.



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## Catching Crab

First stop, Martin Dean's family boat, where a freshly caught Dungeness crab has Wolf in the Fog executive chef Nick Nutting, Crawford and sous chef Dean anything but crabby.

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## Wolf in the Fog Restaurant

They have good reason to be excited, knowing they'll be taking their catch to Nutting's restaurant, Wolf in the Fog. The Tofino hot spot specializes in locally sourced seafood and was recently ranked the best new restaurant in Canada by **EnRoute magazine**.



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## Cozy Seats for a Delicious Meal

A driftwood wolf prowls the otherwise cozy premises, snarling a reminder that this is the kind of restaurant where the unexpected can happen.



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### Plating a Crispy Dish

Here, Dylan Ashwood plates crispy delicacies atop freshly cut french fries. Wolf in the Fog is famous for fusing innovative concepts with familiar flavours: think potato crusted oysters, Szechuan surf and turf and shellfish “bourguignon.”



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### Chilling the Crab

On this visit, Lynn and the crew are eager to tuck into the morning's catch and put the restaurant's motto—"Fish. Forage. Feast."—to good use. Here, Nutting immerses the freshly cooked crab in ice water to stop the meat from further cooking and to cool the shell for handling.



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## Special Ingredients

The fixings for a variation of Wolf in the Fog's Bamfield salad made with the fresh Dungeness crab await assembly. On the left, a selection of mushrooms, scallions and limes, and on the right, seaweeds harvested at a nearby research station.



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## Lynn Supervises and Smells

Lynn lends her nose to the creation process...



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### Lynn Takes Notes

...and takes notes. But no matter how diligently she copies the instructions, the only way to enjoy a Tofino feast this fresh is to be in Tofino.



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### Dungeness Crab on Bamfield Salad

Clearly, it's worth the trip. After a long day of seafaring and kitchen antics, the prize: crispy battered Dungeness crab on a bed of Martin's Bamfield seaweed salad.



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**WOLF IN THE FOG**  
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