



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **"Chilled Summer Afternoon" Crab Salad with Avocado Cream**

**3 oz blue crab meat  
3 tbsp crème fraiche  
2 tbsp lemon juice  
2 tsp finely chopped mint  
1 tsp finely chopped tarragon  
Salt & freshly ground black pepper  
Lemon grass vinaigrette  
2 carrots, finely sliced  
2 turnips, finely diced  
Tomato quarters  
Pink grapefruit segments**

**2 large avocados  
2 tbsp crème fraiche  
Juice of 2 lemons**

**1 stalk of lemon grass  
2/3 cup olive oil  
1/4 cup tarragon vinegar  
1 tsp sugar  
Salt & fresh cracked pepper**

### **Vinaigrette:**

**Bruise the lemongrass using a rolling pin. Place the olive oil in a small pan with the lemongrass and heat for 1 minute and then set aside and let infuse for 15 minutes. Mix together the tarragon vinegar, sugar, salt and pepper. Remove the lemongrass from the olive oil and discard. Gradually whisk the olive oil into the vinegar. Refrigerate until ready to use.**



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**Avocado cream:**

**Blend the avocado flesh with the cream fraiche and half the lemon juice until smooth. Season well and pour the remaining juice on top. Chill until ready for service.**

**Salad:**

**Mix the crab meat with crème fraiche, lemon juice, and herbs. Season and chill. Mix most of the vinaigrette (reserve some for service) with the vegetables and marinate for 10 minutes.**

**Place a ring mold on the plate and spoon in the vegetables and crabmeat. Stir the lemon juice into the avocado cream, then spoon it onto each salad. Carefully remove the rings. Garnish with tomato, grapefruit segments, and mint leaves and drizzle with the remaining vinaigrette around the bottom.**

*To determine when avocado is soft enough to eat, hold the fruit in the palm of the hand and gently squeeze with all fingers. Do not press with thumbs. If flesh gives slight pressure it's ready to be eaten.*