
Jumbo Lump Crab & Avocado

hearts of palm, edamame, micro greens,
grapefruit vinaigrette
(makes 4 servings)

Note: Click on any *italic* word
for web reference, description or picture.

Ingredients

1 *avocado* diced
lime juice
salt & pepper
4 oz *diced* tomato
8 oz lump crab meat
4 oz *hearts of palm*, thinly sliced
2 tsp *chiffonade basil*
2 tsp *chiffonade mint*
2 tsp *chiffonade cilantro*
1 large grapefruit diced
3/4 cup *grapefruit vinaigrette*(*recipe pg.2*)
1oz *edamame*

Garnish : *micro amaranth*
grapefruit vinaigrette



Mise en Place

2 mixing bowls
culinary ring molds
measuring spoons

prepare grapefruit vinaigrette
dice tomato & grapefruit
slice hearts of palm
chiffonade basil, mint & cilantro
remove edamame from pods

Preparation and Assembly

- 1) Place diced avocado in mixing bowl & season with salt, pepper & lime juice. Add the diced tomato and gently mix.
- 2) In second mixing bowl combine the crabmeat with salt, pepper, grapefruit vinaigrette, basil, mint, cilantro, edemame, hearts of palm & grapefruit segments. Gently mix.
- 3) Place ring mold in center of chilled plate and gently spoon in avocado mixture. Now add crab mixture on top of avocado mixture. Remove mold.
- 4) Remove any remaining crab mixture from mixing bowl.
Note : The crab mixture can be saved in refrigerator up to a week.
Crab mixture can be used in other salads or sandwiches.
- 5) Now place micro amaranth in crab mixing bowl & use remaining glaze from crab mixture to season. Top crab/avocado assemblies with micro amaranth.
- 6) Garnish plate with grapefruit vinaigrette & serve.

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Grapefruit Vinaigrette

(yields 1 cup)

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Ingredients

2 cups fresh grapefruit juice
1 cup *canola oil*
1 tablespoon sugar
salt and pepper to taste



Mise en Place

non-reactive pan
high speed blender
measuring spoons

Apportion grapefruit juice &
canola oil

Preparation

- 1) In a non-reactive pan *reduce* grapefruit juice to 1/2 cup.
- 2) Transfer to blender, select high speed & slowly drizzle in canola oil.
- 3) Now add the sugar and season to taste with salt & pepper.