

Crab Salad

July 7, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF

Crab salads are ideal for hot summer days! The beauty in creating crab salads come from the freshness within the ingredients and the multiple ways in which it can be enjoyed. Whether prepared over fresh greens like spinach or arugula or topped on a buttery brioche bun as a crab roll, the options are endless. My favorite way to enjoy a freshly made crab salad is over avocado and eating it with crispy corn chips. Let's get cooking! You can have fun creating your own favorite way of eating this delicious dish.

Serves: 4 Total time: 25 minutes

Ingredients

- 2 Hass avocado – medium size – peeled cut in halves*
- 8 ounces lump crab meat – claw meat works too*
- ¼ red onion small dice*
- Juice of 1 whole lime*
- ¼ cup of mayonnaise*
- 2 tbsp chopped fresh cilantro – parsley works too*
- ½ cup of grape tomatoes cut in halves or 1 large tomato in small dice*
- 1/2 teaspoon olive oil*
- Salt and pepper to taste*

In a large bowl add in crab meat, red onion, tomatoes, lime juice, mayonnaise, and fresh herbs. Mix together and taste. Now add in your salt and pepper and olive oil. Mix again and set in fridge until ready to serve. If you like it creamier add in another spoonful of mayonnaise or sour cream and mix. Take avocados and cut them in halves. Serve cup side up and stuff the avocado with the crab mixture. Sprinkle a few greens on the plate if you have them. I enjoy this dish with corn chips. A hearty mouthful of crunch, crab, and avocado! It is delicious. You can serve this in so many ways. Feel free to add in whatever you have. You can also cook some pasta and rinse in cold water. Toss with leftover crab and you have a crab pasta salad. Or add in an egg and breadcrumbs and you can make crab cakes. The possibilities are endless. Have fun creating and enjoy!