

Colonial Country Club *Fort Worth, Texas*

TEXAS CRAB ON AN ELEVATED GREEN

Michael Morabito, Executive Chef

Serves 4

- 1 pound fresh jumbo lump crabmeat, picked through and with all shells removed
- 1 Tbsp. olive oil for sauté
- 2 Tbsp. carrot, finely diced
- 1 medium yellow onion
- 2 Tbsp. celery, finely diced
- 2 Tbsp. shallots, finely minced
- ½ Tbsp. garlic, finely minced
- ½ Tbsp. jalapeño, finely minced
- 1 Tbsp. chives, snipped
- 1 Tbsp. green onion, finely sliced
- 4 small heads Bibb lettuce, cleaned of bad outer leaves
- 2 Haas avocados, cut in half with pit and skin removed
- 12 peeled and blanched asparagus spears
- 2 large and ripe heirloom tomatoes, cut into wedges
- Dressing (see recipe at right)
- 4 Tbsp. extra virgin olive oil
- Sea salt and freshly cracked black pepper to taste
- 2 Tbsp. Cojita cheese for garnish
- 2 Tbsp. toasted and ground pumpkin seeds for garnish
- 2 limes, cut in half for garnish
- 8 sprigs cilantro for garnish

Dressing

- 2 egg yolks
- ½ Tbsp. French Dijon mustard
- Juice of 4 limes
- ¼ cup extra virgin olive oil
- ¼ cup canola oil
- 3 Tbsp. Cojita cheese, grated
- ½ Tbsp. freshly cracked black pepper
- 2 Tbsp. cilantro, chiffonade
- ½ Tbsp. fresh thyme, chopped
- Sea salt to taste

Colonial Country Club Fort Worth, Texas

TEXAS CRAB ON AN ELEVATED GREEN

Michael Morabito, Executive Chef

Prepare dressing first. Place the egg yolks in a medium mixing bowl and add the mustard and lime juice. Whisk vigorously while pouring the extra virgin olive oil into the bowl in a very thin stream. Next add the canola oil in a very thin stream (this can also be done in a food processor by pulsing the mixture as you add the oil). Add the Cojita cheese, cracked black pepper, cilantro, thyme, and the sea salt to taste. If the dressing is too thin, whisk in more extra virgin olive oil. If the dressing is too thick, whisk in just a touch of cold water. Keep dressing refrigerated for later use.

To prepare the salad, place a medium sauté pan over a medium-high flame on stove. Place 1 Tbsp. olive oil in pan, and add the carrots, celery, onion, shallots, garlic, and jalapeños. Sauté quickly for 1 minute only. Quickly cool the vegetables in the refrigerator.

In a medium mixing bowl add the cooled vegetables, chives, and green onions. Mix in $\frac{1}{4}$ of the dressing, and add the crabmeat. Gently toss, trying not to break up the crabmeat. If the salad needs more dressing, add it. It is important not to overdress the crabmeat. Set crab mixture aside.

Cut the bottom off the cleaned Bibb lettuce heads. Note: Bibb lettuce opens up like a flower. On a large plate, place Bibb lettuce from one head in the middle and gently fan out the leaves. Place an avocado half in the middle of the lettuce bed. Spoon $\frac{1}{4}$ of the crabmeat-salad mixture into the avocado cavity.

Lay three asparagus spears and $\frac{1}{4}$ of the heirloom tomato wedges around the stuffed avocado. Drizzle $\frac{1}{4}$ of the remaining dressing around the salad, followed by a drizzle of 1 Tbsp. extra virgin olive oil. Sprinkle sea salt and a bit of cracked black pepper over the tomatoes. Sprinkle some of the grated Cojita cheese and ground pumpkin seeds over the asparagus. Finish the salad by placing a lime half and 2 cilantro sprigs on either side of the filled avocado for a nice presentation. Repeat for the other three plates.