Crab, Avocado Crème & Microgreens

By Chef Veera Gaul, Ph.D.

Ingredients

4 heirloom tomatoes, seeded and chopped
1 tablespoon minced parsley (plus more for garnish)
Drizzle of O&V **Basil EVOO** *
½ small jalapeno pepper, deseeded and minced (optional)
Salt and pepper to taste

Avocado Crème
2 avocados, pitted and roughly chopped
3 tablespoons lemon juice
1 teaspoon minced garlic (about 2 cloves)
½ cup parsley, chopped (or cilantro if you prefer)
1 tablespoon O&V **Lemon EVOO** *
Drizzle of O&V **Jalapeño oil** * (optional)
Salt and Pepper to taste
½ cup sour cream

Crab
½ lb Lump crab meat
½ lb Jumbo crab meat
1 tablespoon fresh chives, snipped
1 tablespoon minced dill
Zest from one lemon (put aside a little to garnish the plate)

1 ½ tablespoons O&V **Lemon EVOO** *
1 tablespoon O&V **Basil EVOO** *
1/8 teaspoon O&V **Smoked Paprika** * (plus more to garnish)
¼ teaspoon salt
Pepper to taste

Microgreens
8 oz microgreens
1 tablespoon O&V **Lemon EVOO** *
½ tablespoon O&V **Marc de Champagne vinegar** *
¼ teaspoon O&V **Garlic mustard** *
Salt and pepper to taste

Preparation

Tomato Prep: In a bowl, mix together the deseeded and chopped tomatoes, minced parsley, minced jalapeños (if using), salt and pepper to taste, and a drizzle of Basil EVOO.

Crab Prep: In a separate bowl, gently combine the crab meat, chives, dill, paprika, zest of the lemon and the Lemon and Basil EVOO, ¼ teaspoon salt, pepper to taste.

Avocado Crema Prep: Place all the ingredients for the avocado crema in a food processor (avocado, lemon juice, garlic, parsley, Lemon EVOO, sour cream, salt, pepper, and jalapeño oil (if using)). Blend till smooth, scraping down the sides as needed. Transfer to a jar or bowl and cover with plastic wrap pressed directly to the surface of the crema to keep it from browning.

Microgreens Prep: In another medium bowl, prepare the vinaigrette for the microgreens by whisking together the Lemon EVOO, Marc de Champagne vinegar, and Garlic Mustard. Season with salt and pepper to taste. Toss the microgreens gently in the dressing.

To Serve: Place a ring mold in the center of the plate. Gently press a quarter of the chopped tomatoes into the bottom of the ring mold to create a sturdy base. Next press a quarter of the crab meat into the ring mold on top of the tomatoes and press down gently. Add a couple of dollops of avocado crema – spreading over the crab meat. Remove the ring mold and top with the micro greens (see Chef Tip)

Garnish the plate with lemon zest, pinch of smoked paprika, drizzle of Lemon EVOO and parsley.

Serves 4 for a meal or 6-8 for appetizers
Total Time: 25 minutes

Chef Tip
If you don't have a ring mold, you can also layer this in martini or wine glasses, or even in shot glasses as mini appetizers. You can also simply toss the tomatoes and crab meat together and top with a drizzle of avocado crema and garnish with the microgreens.

Feel free to substitute the crab meat with steamed and chopped shrimp if you prefer.

I prefer the crab meat dressed with the flavored olive oils, but you can replace the oils with 2 tablespoons of Mayonnaise if you prefer a creamier consistency.

Notes
* The **Lemon EVOO** and **Basil EVOO** add layers of citrus and herby flavors to the dish in every tier. You can use a high-quality unflavored olive oil and add in some lemon juice or chopped basil. The flavor will not be as intense. The **Jalapeño oil** adds a nice touch of heat, but you can use fresh chopped jalapeños instead. The **Marc de Champagne** and **Garlic Mustard** add great flavor to the microgreens and the **Smoked Paprika** adds depth of flavor to the whole dish. You can choose to substitute these, but be sure to use high quality ingredients as this dish is predicated on simplicity and quality of components.

Categories: Appetizer, Soups & Salads, Gluten Free, Dairy Free, Spa Salad, Crab Salad, Crab Tower, Tomato, Avocado, Lemon EVOO, Basil EVOO, Marc de Champagne Vinegar, Garlic Mustard, Smoked Paprika, Jalapeno Oil, No Cook Meal, Easy Entertaining, Summer Entertaining, Avocado Crema