



Dreamy Crab Salad recipe

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World-travelled food artist, stylist and innovator, Jules Mercer, has been sipping on Zonnebloem's contemporary classics, inspiring her to whirl up some smart, very sophisticated dishes with an awesomely original flourish, such as her fabulous Crab Salad.



Zonnebloem Blanc de Blanc, with its crisply delicious tangy flavours of gooseberries, melon and a hint of citrus, make it a great companion to this special salad served with basil lime mayonnaise.

Crab Salad

Serves: 6

Ingredients:

- 6 whole soft shell crabs (1 per person for a starter, 2 per person for main)
- 6 tbsp (90 g) flour, seasoned well with salt and pepper
- 1 large bag mixed soft lettuce (baby spinach, watercress, etc)
- 4 avocados

For the basil lime mayonnaise:

Zest of 2 limes, juice of 1

Small handful fresh basil

1 egg

1 tbsp (15 ml) Dijon mustard

1 tbsp (15 g) sugar

1 tsp (5 ml) salt and black pepper

4 tbsp (60 ml) olive oil

$\frac{3}{4}$ cup (200 ml) canola or sunflower oil

Few drops of Tabasco (optional)

Method:

1. Clean the crabs: snip off the top of the crab just below the eyes. Squeeze out the contents of the sac. Open the sides of the shell's body to reveal the gills (they look feathery) and pull these out on both sides. Turn the crab over to expose the underneath. There is a small flap here (known as the apron), lift it up and pull it off the body (it will come off fairly easily).
2. Heat a large saucepan with a swig of oil to a medium-high heat.
3. Place the seasoned flour on a large plate and toss the crabs in flour to coat evenly.
4. Place in the saucepan and cook for 3-4 minutes each side until cooked through and crispy.
5. For the mayonnaise: mix together the lime, basil, egg, mustard, sugar, salt and black pepper in a small bowl or jug. Blend together with a stick blender to form a smooth green liquid.
6. Measure the oils into a jug together.
7. Whilst blending the egg mixture, and very slowly, start to pour the oil in a slow stream.
8. Blend and pour until the oil is finished and the mixture is thick and glossy.
9. Stir through the Tabasco if using, to taste.
10. Serve in glasses. Layer first with the lime mayonnaise, and then top with leaves, avocado, then crab pieces.

Bon appétit

More information

Zonnebloem Blanc de Blanc is available from leading stockists nationwide and retails for around R63.

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