

Fresh crab salad with lemon and caper dressing

Ingredients

For the marinated cucumber

- 1 garlic bulb, peeled, crushed to a paste
- pinch salt
- 8 tbsp extra virgin olive oil
- 1 lemon, juice only
- salt and freshly ground black pepper
- 1 cucumber, peeled and cut lengthways into ribbons using a vegetable peeler

For the caper dressing

- 1 lemon, juice only
- 7 tbsp extra virgin olive oil
- 1 lime, zest only
- 30g/1oz capers, drained, rinsed, finely chopped
- 3 tbsp chopped fresh chives
- ½ tsp paprika
- salt and freshly ground black pepper

For the crab salad

- 1 fresh crab, prepared, white meat only
- 1 cooked king prawn, head and shell removed, de-veined

To serve

- handful salad leaves
- ½ lemon, juice only
- 2 tbsp extra virgin olive oil
- pinch salt

Preparation method

1. Preheat the oven to 220C/425F/Gas 7.
2. For the marinated cucumber, place the crushed bulb of garlic onto a baking tray. Sprinkle over the salt and drizzle over one tablespoon of the oil, then transfer to the oven and bake for 8-10 minutes, or until softened. When the garlic bulb is cool enough to handle, squeeze out the pulp and set aside.
3. In a bowl, whisk together the remaining olive oil, the lemon juice and two teaspoons of the garlic pulp. Season, to taste, with salt and freshly ground black pepper. Add the cucumber ribbons and stir well to coat. Set aside.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 1

By Gino D'Acampo

From Step up to the Plate

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- 4. For the caper dressing, in a separate bowl, mix together the caper dressing ingredients and season, to taste, with salt and freshly ground black pepper.**
 5. For the crab salad, place the crabmeat into a separate bowl. Spoon over five tablespoons of the caper dressing and set aside.
 6. Add the prawn into the remaining caper dressing to marinate for 2-3 minutes.
 7. To serve, dress the salad leaves with the lemon juice and olive oil. Mix well to coat the salad, then season, to taste, with salt and freshly ground black pepper. Spoon the mixture into the crab shell and place the shell into the centre of a serving plate.
 8. Make three quenelles of crabmeat and place them into the crab shell. Pile the marinated cucumber ribbons alongside. Place the marinated king prawn on top of the cucumber.