

Carambola Crab Salad

Ann-Michelle Albertson

2 c. Jumbo Lump Crabmeat

1 c, Orange Bell Pepper, small dice

1½ c, Carambola, small dice

1 Avocado, still firm, small dice

2-3 T. Cilantro, chopped (amount depends on affinity for cilantro)

2-3 Limes, juiced (amount depends on juiciness of limes)

2 t. Spanish Olive Oil Extra Virgin

Kosher Salt

Fresh Cracked Pepper

Method:

Chop the bell pepper and carambola. Set aside. Be sure to use a small dice for these ingredients to enhance the texture of the salad.

Gently shred the crabmeat with fingers, leaving some chunks. Place in a large mixing bowl.

Gently toss in the bell pepper and carambola to the crabmeat. Try not to toss too vigorously; the salad is best when all the ingredients can stand alone.

Small dice the avocado, again very gently toss with the crabmeat mixture. The avocado should be "just ripe" and still firm; a softer avocado will create mushiness to the salad that should be avoided.

Add cilantro, lime juice, salt and pepper. Toss lightly, taste to adjust seasoning.

Just before serving, gently toss with the Spanish olive oil. All ingredients should be able to be readily identified, using fingers instead of a spoon to help keep each ingredient whole.

To serve:

Spoon mixture into a chilled martini glass. Garnish with a sprig of cilantro and a carambola slice on the edge of the glass.

Notes: This salad is wonderfully fresh and light. Gentle tossing ensures all flavors are present. You will get plenty for an appetizer size salad, it can also be served as a main course on a bed of fresh greens, with a crostini garnish.