



TOWER JUMBO LUMP CRAB WITH MANGO AND AVOCADO SALSA

INGREDIENTS

For Crab

- 1 lb jumbo lump crab
- 1/2 cup Mayonnaise
- Juice of one lemon
- 1/4 cup chopped red onion
- 1/4 cup diced red bell pepper
- 1/4 cup chopped fresh basil
- salt and pepper to taste

For Mango and Avocado Salsa

- 1 cup diced mango
- 1 cup chopped avocado
- juice of 1 lemon
- 1/4 cup chopped red onion
- 1/4 cup diced red bell pepper
- 1/4 cup sliced green onion
- 1 tbs olive olive oil
- 1 tbs honey
- salt and pepper to taste

SERVES 4

DIRECTIONS

For Crab:

In a bowl combine Mayonnaise, lemon juice, onion, bell pepper, and basil. Season to taste with salt and pepper. Gently fold in crab, being careful not to break lump. Set aside.

DIRECTIONS

For Mango and Avocado Salsa:

In a bowl combine mango, avocado, lemon juice, onion, bell pepper, green onion, olive oil, and honey. Season with salt and pepper.

TO ASSEMBLE

Place a ring mold in the center of a plate. Fill ring mold half full with mango and avocado salsa. Use the back of a small spoon with press the salsa, so it fits tightly. Next, fill the ring mold to the top with the crab, pressing the top with the back of a spoon. Carefully remove the ring mold, so the crab and salsa stand in a cylinder. This dish can be garnished with cucumbers sliced thinly and micro arugula.