



Lump Crab Citrus Salad with Avocado

1/4 cup minced fresh fennel bulb (anise)
1/4 cup minced celery
2 Tablespoons minced shallot
2 Tablespoons minced red bell pepper
1 teaspoon orange zest
1 Tablespoon chopped chives
1 Tablespoon chopped parsley
1/4 cup fresh orange juice
1 teaspoon lemon juice
1/4 cup extra virgin olive oil
8 ounces wild caught jumbo lump crab
Salt and pepper to taste

In a medium sized bowl, mix first ten ingredients; fold in crab; season with salt and black pepper. Chill in refrigerator for at least one hour

For Garnish and Serving:

1 package (5 to 8 oz.) maché (lambs' lettuce)
1 to 2 fresh avocados, peeled, minced

To Serve

Warm crab mixture on a small sheet pan in a 450°-degree oven for approximately 3-5 minutes.

Arrange maché on serving plate, and spoon crab mixture over greens; sprinkle avocado on top as desired. Yield: Serves: 4 to 6

<http://www.chicagobotanic.org/chef/chefrecipes/colincrowley>

Recipe Inspired by: Colin Crowley, executive chef for Terlato Wine Group and Terlato Wines International, prepares delicious meals for the world's great winemakers at Terlato's Tangle Oaks headquarters in Lake Bluff. Colin Crowley's crab salad recipe features fresh vegetables and herbs. He recommends pairing it with Sanford Chardonnay from Santa Barbara County.

About the Recipe: Delightfully light, the crab is marinated in the fresh citrus dressing surrounded by a colorful array of minced fennel, celery, shallots, peppers, chives, and parsley. Gently warmed, they are served on a bed of mache or lambs' lettuce and topped with chopped ripe avocados.