



Crab, Salmon, Avocado, Fennel and Apple Salad

(makes 4 servings)

This is a particularly delightful mix and the addition of the pickled fennel and avocado 'cream' give it an extra zing.

Ingredients

Cider vinegar
Water
Sugar
Sea salt
1 bulb fennel, trimmed, root removed and very finely sliced
150g fresh, white crab meat, flaked
5 drops Tabasco
Fresh lemon juice
2 avocados, skinned, stoned and roughly chopped
100g good quality (or homemade) mayonnaise
100g crème fraîche
30mls fresh lime juice
1 green apple, cored and diced
100g smoked salmon in thin slices
Freshly ground black pepper

Method

Combine a teaspoon of salt, a teaspoon of sugar, 1 tablespoon cider vinegar and 1 tablespoon water in a small pot, bring just to the boil, turn off the heat, add the fennel, cover and set aside until cool.

Mix the crab meat with the Tabasco and a dash of lemon juice, grind in some black pepper, cover and set aside.

Mash the avocado with a fork (or in a blender) with the mayonnaise, crème fraîche and lime juice until its nice and smooth and creamy.

Place the smoked salmon slices on a serving plate, scatter the diced apple around, drain the pickled fennel and add to the plate along with the crab mix, drizzle the avocado 'cream' over the whole lot, scatter more freshly ground black pepper around and serve.