

Now you can make your own Crayfish Salad



CRAYFISH SALAD

Serves two

A cup of peeled fresh crayfish tails

A few handfuls of mixed fresh green leaves: we use lollo rosso, frisee, red chard, mizuna, rocket and baby spinach

1/3 of a cucumber

For the chilli dressing:

A small red chilli, seeded and chopped finely

A small garlic clove, chopped finely

A shallot - chopped finely

Juice of 1/2 fresh lime or lemon (use a tea strainer to catch the pips)

2 tablespoons of extra-virgin olive oil

2 tablespoons of fish sauce

A teaspoon of brown sugar

MAKING THE SALAD

1. We know it's hard to get hold of good crayfish – we choose ours with great care. Try and find live ones in a quality fish shop. Plunge them into boiling water and cook for four minutes, then let them cool.

If you can't get crayfish, use three or four fat Tiger prawns (cooked) per person.

2. Tear the salad leaves into large, bite-sized pieces and put them into a salad bowl.

3. Cut the cucumber into chunks and mix it up with the lettuce.

4. Put all the dressing ingredients in a bowl and whisk them together.

5. Scatter the crayfish tails (or prawns) on top of the leaves. Pour the dressing over the salad and serve immediately.



PASSIONATE ABOUT FOOD