

# Savory Selections

## FISH AND SEAFOOD

### Crab Meat, Avocado & Lemon Grass Salad with Grapefruit Vinaigrette

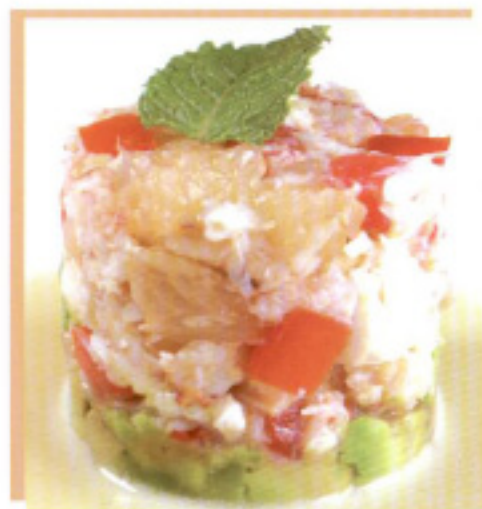
Simpson Wong, Jefferson Grill  
New York, NY

- 2 cups lump crab meat
  - 1 hass avocado, peeled and thinly sliced
  - 1 cup of tomatoes, peeled, seeded and diced
  - ¼ cup of chopped grapefruit, seeded
  - 2 tablespoons grapeseed oil
  - 2 tablespoons lemon grass, finely chopped
  - salt and pepper to taste
- Vinaigrette:
- ¼ cup of grapefruit juice
  - ¼ cup of tomato water (see recipe below)
  - ¼ cup of extra virgin olive oil
  - 1 tablespoon of Dijon mustard
  - salt and pepper to taste

**TOMATO WATER:** Puree three tomatoes in a blender, strain through extra fine cheesecloth. Let it drip overnight. You should have about ¼ cup. Combine grapefruit juice, tomato water, and Dijon mustard in a bowl. Gradually mix in olive oil by using a handheld blender. Season with salt and pepper and set aside.

**SALAD:** In a bowl, mix crab meat, tomatoes, grapefruit, lemon grass and grapeseed oil together, toss well and season with salt and pepper. Place a ring mold at the center of a serving plate, layer avocado at the bottom and top with the crab mixture. Make sure that the mixture is packed tightly. Finish the top layer with mixed herbs. Gently pour the vinaigrette and serve.

Serves 4



## SALADS

Fresh Burmese Ginger Salad  
Toni Robertson, Mandarin Oriental Hotel  
New York, NY

- 3 ounces fresh young ginger, peeled and shredded
- ¼ cup lime juice
- 3 tablespoons crispy fried garlic slices
- 3 tablespoons toasted chick pea flour
- 3 tablespoons roasted peanuts
- 2 tablespoons toasted sesame seeds
- 1 cup green papaya, peeled and shredded
- 1 cup green cabbage, thinly shredded
- ¼ cup carrots, peeled and thinly shredded
- ¼ cup green tomatoes, diced small
- ¼ cup yellow split peas, soaked in water for 6 hrs, drained well and fried in hot oil for 1 minute
- 3 tablespoons dried shrimp powder
- 2 tablespoons fish sauce
- 1 teaspoon corn oil

- lemon slices, for garnish
- lime slices, for garnish
- cilantro, for garnish



Place the young ginger in a small bowl and cover with lime juice, marinating for at least 3 days in the refrigerator. Firmly squeeze out the juice from the ginger pulp, and discard the lime juice. Mix the ginger together with the other ingredients, including the toasted chick pea flour, toasted sesame seeds, and fried yellow split peas. Place the salad in a small bowl and garnish with fresh lime and lemon slices and cilantro. Serve at room temperature.

**CHEFS NOTE:** This is an extraordinarily simple salad that provides a quick and healthy meal. The unusual flavors and textures of this dish are a reflection of the simple and unpretentious character of Burmese cuisine. The key ingredient, ginger, is well known as a digestive aid.

Toni Robertson

Serves 4-6

Recipes taken from *New Asian Cuisine: Fabulous Recipes from Celebrity Chefs* by Wendy Chan and Grace Niwa.

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