
CRAB, CUCUMBER JUICE, FENNEL, APPLE

BROCK, HERITAGE, 172

Cucumber juice

1. Juice the cucumber
2. Strain and add xanthan (0.25% of weight of cucumber juice)
3. Add salt (0.5% of weight of cucumber juice)
4. Blend
5. Store in fridge

Crab

6. Combine with EVOO, salt and lemon juice to taste

Apple

7. Peels and dice, toss with lemon juice

Assembly

8. Serve crab in bowl, apple cubes to one side
9. Top with fennel fronds and finely-diced red chilli
10. Pour cucumber juice around, add a few drops of EVOO

CUCUMBER JUICE:

Cucumber – 1 large, peeled
Xanthan
Salt

Crab flesh (as needed)
EVOO
Lemon Juice
Salt

GARNISH

Fennel fronds
Red chilli – finely diced
Apple

COMMENTS:

- 11.