

Shaw's[®] CRAB HOUSE

SIGNATURE CHOPPED SEAFOOD SALAD

Yield: 4 Servings



INGREDIENTS

FOR SALAD

½-¾ lbs. snow crab; deshelled
(Bairdi Snow Crab recommended)
12 extra jumbo shrimp
2 4-5-oz. cold water lobster tails
1 lemon, halved
¼ cup kosher salt
1 head Napa cabbage, cut in half,
sliced into ¼-inch ribbons
1 head Iceberg lettuce, sliced into
½-inch pieces
12 cherry tomatoes, cut in half
lengthwise
1 small cucumber, washed, peeled,
seeded, cut into ½-inch dice
(about ½ cup)
6 green onions, cut into ¼-inch pieces
(about ¼ cup) (separate whites from
greens; reserve whites for another use)
½ cup medium pitted black olives,
sliced (or 3.8 oz. can sliced black olives)
½ cup hearts of palm, cut into ¼-inch
pieces (about ¼ of a 14 oz. can)
¼ tsp. salt

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METHOD

1. To make Louie dressing, combine all ingredients, mix well and reserve.
2. To make Chopped Salad dressing, combine all ingredients together in a blender except corn oil. Slowly drizzle in corn oil, taste for seasoning and reserve.
3. Using scissors, extract the meat from the snow crab. Reserve.
4. Bring 4 quarts of water to a boil, add kosher salt and squeeze juice from each lemon half into the water.
5. Prepare a bowl of water and ice bath to shock seafood.
6. Boil whole lobster tails for 5 minutes, remove, and shock in ice bath.
7. Cook shrimp for 3 minutes, remove and shock in ice bath.
8. Remove lobster meat from shells and dice into ½-inch pieces. Reserve.
9. Remove shells from shrimp, devein and cut lengthwise. Reserve.
10. Combine chopped lettuce, cherry tomatoes, cucumbers, green onions, black olives and hearts of palm in a large bowl, and lightly season with salt and pepper.
11. Add Chopped Salad dressing and gently toss.

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¼ tsp. black pepper
¾ cup Chopped Salad dressing
(sub recipe below)
1 cup Louie dressing (sub recipe below)
1 avocado, quartered
4 hard boiled eggs, cut in half

FOR LOUIE DRESSING

¼ cup celery, diced ¼-inch x ¼-inch
1 Tbsp. minced chives
1 Tbsp. green onions, diced ¼-inch
¼ cup sweet relish
2 cups mayonnaise
½ cup ketchup
2 Tbsp. apple cider vinegar
1 Tbsp. lemon juice
1 tsp. Cognac
¼ tsp. Kosher salt
¼ tsp. black pepper
¼ tsp. Tabasco sauce
¼ tsp. Old Bay Seasoning

FOR CHOPPED SALAD DRESSING

1 tsp. Old Bay Seasoning
2 Tbsp. sugar
1 ½ tsp. water
1 ½ tsp. apple cider vinegar
1 ½ tsp. white pepper
1 tsp. minced garlic
1 tsp. red wine vinegar
¼ tsp. kosher salt
¼ tsp. crushed red pepper flakes
2 cups corn oil

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12. Plate into four equal salads, garnishing each salad with equal portions of sliced avocado, hard-boiled egg and reserved seafood.
13. Serve each salad with ¼ cup Louie dressing on the side.

