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ingredients to inspire...

AVOCADO, PRAWN AND CRAB COCKTAIL ON FENNEL SALAD

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Brought to you by
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Director of Food
and Service

Ingredients

1 fennel bulb

1 lemon, zested
and juiced

25ml olive oil

300g white crab meat

100ml crème fraîche

¼ red chilli, chopped

1 tsp chopped parsley

50ml mayonnaise

Tomato ketchup

1 head of little gem
lettuce

12 king prawns, peeled

2 avocados

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Serves: 6

Method

1. Finely slice the fennel and mix in the lemon zest, juice and olive oil. Season with salt and pepper and leave for later.
2. Mix the crab meat with half the crème fraîche, then mix in the chopped chilli and fresh parsley. Season with salt and pepper.
3. For the cocktail sauce, mix the rest of the crème fraîche with the mayonnaise and enough ketchup to colour and flavour the sauce.
4. Finely slice the little gem lettuce, add to the fennel salad and mix together.
5. Place equal amounts of the salad in six cocktail glasses. Top with equal amounts of the crab mixture. Add two prawns to each glass and spoon over the cocktail sauce.
6. Cut the avocados in half and remove the stones. Peel the skin off and cut each half into three pieces lengthways. Finely slice and fan the avocado out and garnish each cocktail with the slices.



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