



Avocado and Crab Timbales with Tobiko Roe Vinaigrette

This is a really easy dish that looks complicated, and will definitely win you points with your guests without much effort. Crab is always luxurious, and the avocado gives the ensemble a creamy smoothness in keeping with the green theme of this month's menu. The tobiko vinaigrette is a surprise that adds to the texture of the dish.

4 servings

Ingredients

2 lemons, zested and juiced
1 tablespoon dijon mustard
1 tablespoon honey
2 tablespoons tobiko roe, divided use
¼ cup extra virgin olive oil
1 pound picked lump crab meat
1 avocado, ¼ inch dice
1 tablespoon chives, chopped fine
1 tablespoon chive batons, 1 inch length, for garnish
2 small, ripe tomatoes, cut into ¼-inch thick slices
fleur de sel and black pepper, to taste

Preparation

In a small bowl, whisk together the lemon juice, finely diced zest, dijon mustard and honey. Drizzle in the oil and season to taste with fleur de sel and pepper. Gently mix in one tablespoon of the tobiko roe.

In another bowl, lightly toss together the crab, diced avocado, chopped chives and add half of the vinaigrette. Adjust seasoning with fleur de sel and pepper.

Line 4 small ramekins or timbale molds with plastic wrap and spray the inside very lightly with cooking spray. Fill the molds with the crab mixture, pressing down gently to compact. Fold over the extra plastic wrap to cover, and refrigerate until ready to serve.

Service

Season the sliced tomatoes lightly with salt and pepper. Place 3 overlapping slices of tomato on each of four small serving plates. Place a timbale over the tomatoes upside down and gently unmold by pulling the timbale or ramekin away from the plastic wrap. Once unmolded, gently peel away the wrap to expose the avocado and crab filling. Drizzle with the remaining vinaigrette and garnish with remaining tobiko roe and chive batons. Serve immediately.

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