



Crab and Crayfish Salad (Asian-Style)

150g baby beans
2 tomatoes
2 hard-boiled eggs
1 avocado
about 80g bean shoots
a 1kg crayfish, cooked
2 tbsp finely chopped shallots
3 tbsp finely sliced coriander leaves
1½ tbsp soy sauce
½ tbsp chilli paste
4 drops sesame oil
¼ cup Cobram Estate Citron extra virgin olive oil with lemon
about 150g crabmeat
8 sprigs of coriander
8 lemon wedges, optional

Serves 8

Prepare the herbs.

Top and tail beans, then cut them into 2cm lengths. Cook beans in boiling water, then drain, refresh them in cold water and drain again. Place beans in a mixing bowl.

Dice tomato, eggs and avocado and add to bowl.

Place bean shoots (removed any damaged shoots) in a bowl, cover with boiling water and drain after 30 seconds. Allow to cool then add to bowl.

Shell and clean the crayfish. Remove the meat from the legs and cut the body flesh into very thin slices.

In a separate bowl, mix the shallots, diced coriander leaves, soy sauce, chilli paste, sesame oil and Cobram Estate Citron extra virgin olive oil with lemon.

Season the vegetables with half of this dressing, and the crayfish and crabmeat with remaining dressing.

Place PVC rings in the centre of 8 plates. Garnish the base of each ring with a little salad. Arrange crayfish and crabmeat on top, then top with a sprig of coriander. Lift the PVC rings and serve, with a lemon wedge, if you wish

Enjoy your meal,

Gabriel Gaté

Citron Extra Virgin Olive Oil with Lemon



Grown and pressed on the estate, Cobram Estate Citron is a fine finishing oil, with a fresh olive flavour, and a clean, delicate lemon finish.

Use for dressing Asian or Greek salads and drizzling over barbecued seafood, antipasto, green vegetables and chicken.