

Avocados From Mexico with Snow Crab Spring Aguachile



Serves 4

Ingredients

Snow Crab Salad

QC Snow Crab Legs (or good quality lump crabmeat)
4oz (Blanched, shelled and pulled)
¼ Cucumber Brunoise
½ Jalapeno Brunoise
½ Shallot Brunoise
½ Avocado Brunoise
2-3 blanched asparagus Brunoise
Lemon TT
Olive oil TT

Green Aguachile (makes ½lt)

½ English Cucumber (No seeds)
5 Tomatillos (washed)
1 jalapeno
½ Bunch cilantro
4 Lime-juiced
½ Avocado
Salt TT

Garnishes

1 Avocado
5 Asparagus

Cilantro Oil (Makes 100ml)

¼ bunch Cilantro

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100ml Canola Oil

To Finish

Soft Herbs (Sorrel, cilantro)

Tostadas or Tortilla Chips

Preparation

1. For the Aguachile:
Combine all ingredients in a blender and puree on high speed until smooth. Strain through a filter and season with salt to taste, sauce should be tart and well-seasoned, adjust lime juice if it requires more acidity. Reserve in fridge until plating time.
2. For the garnishes:
Cut avocado in half and carefully remove skin. Slice into 1/2 Inch slices and reserve. Prepare a blanching pot. Cut asparagus into 3 inch batons. Once water comes to a boil, heavily season with salt and blanch asparagus for about 45 seconds. Shock in salted ice water and transfer to a tray lined with a towel to dry.
Season both avocado and asparagus with olive oil, lemon and salt before plating.
3. For Cilantro:
Blend cilantro and oil on high heat until fully combined, transfer to a small pot and heat up on medium heat until all water content is evaporated. Strain through a coffee filter and quickly cool down over an ice bath. Reserve.
4. For plating:
Place a slice of avocado, asparagus and a piece of crab

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Photo by: Daniella Koczur

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on a plate and repeat this process until you have used it all. In a small bowl lightly combine Aguachile sauce and cilantro oil (do not over mix as we are not looking to emulsify it), serve around crab salad and garnish with fresh herbs. This dish is best enjoyed on tostadas or with tortilla chips.