



APPLE'S WEEK

CHILLED CRAB AND APPLE SALAD

Ingredients
(for 4 to 6 people)

- 200 g mixed lettuce leaves
- 1 Belgian endive
- 400 g crab meat
- 2 apples
- 4 spring onions
- 1 lime
- ¼ bunch fresh coriander
- 4 cl olive oil
- 6 pinches table salt
- 6 pinches Espelette mild chili

Preparation:

Zest and juice the lime.

Wash the onions, slice the white part finely and chop the green stems. Peel the apples and dice 2/3 very small, then the rest into sticks.

Wash and chop the fresh coriander.

Shred the crab meat carefully, removing any cartilage, then mix in a bowl with the diced apple, onions and coriander. Season with olive oil, the lime juice and zests, salt and Espelette mild chili.

Serve the mixture with a mould or in quenelles, decorate with apple sticks.

Garnish with mixed lettuce on the side or as a bed for the crab mixture and a few endive leaves as decoration.