



Slow Food®
Herefordshire

Lightly Spiced Crab and Tomato Salad – serves 2

This is a delicious, fresh, simple starter for a hot summer's day. Just as good with flakes of poached salmon or prawns.

3 large skinned ripe vine tomatoes
Few flakes sea salt
Black pepper

The meat from 2 large crab claws
1 tbs good quality mayonnaise
1 tbs crème fraiche
½ tsp curry powder or slightly less of Korma curry paste
Few drops Tabasco sauce
½ tsp chopped tarragon leaves

- Slice the tomatoes and arrange in a circle in the centre of individual serving plates
- Scatter with a few flakes of sea salt and grinding of black pepper
- In a bowl combine all the other ingredients, season to taste. Divide and spoon the crab mixture over the tomatoes.
- Garnish with snipped chives or tarragon.

Almost a meal in itself if served with crusty wholemeal bread.