

JAN VAN DYK - ALASKAN CRAB

MANGO ROLL | QUINOA | PRESSED CUCUMBER | MANGO PASSION FRUIT | MINT OIL

INGREDIENTS

QUINOA:

Quinoa:	0.25 kg
Sun-dried tomato brunoise:	0.15 kg
Cucumber brunoise:	0.15 kg
Fresh chopped coriander:	½ bunch
Fresh chopped mint:	50 gr
Olive oil:	5 cl
Pesto:	30 gr
Lemon juice:	1 pcs
Salt:	to season
Pepper:	to season

CRAB CANNELONI:

Cucumber:	500 gr
White crab meat:	600 gr
Mayonnaise:	150 gr
Chopped chives:	50 gr
Lemon juice:	3 pcs
Dill:	50 gr
Salt:	to season
Pepper:	to season
Gélatine:	5 leaves

MINT OIL INGREDIENTS:

Olive oil:	25 cl
Mint leaves:	100 g
Get 27 Mint Liqueur:	2 cl

MANGO AND PASSION FRUIT DRESSING:

Fresh mango flesh:	300 gr
Fresh passion fruit:	10 pcs (300gr)

GARNISH:

Red amaranth:	1 punnet
Mango, diced:	100 gr
Cucumber, diced:	100
Passion fruit powder	To season

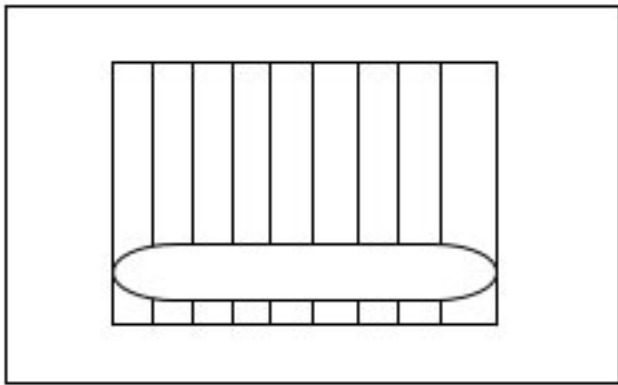
PESTO:

Basil leaves:	70 g
Pine nuts:	35g
Rocket salad:	50 g
Olive oil:	20 cl
Salt:	to season
Pepper:	to season

DIRECTIONS

CRAB CANNELONI:

Prep the crab and remove all the cartilage inside. Season it with all the ingredients apart from the cucumber and put it into a piping bag. Peel the cucumber and slice it into the length way, onto the Chinese mandoline to get it as thin as possible. The length should be not more than 10 cm. Then spread the climb film on the table, overlap the cucumber slice by 1 cm each.



Pipe the crab mix at the bottom of the cucumber as the picture shows above. Finally, roll it into cannelloni shape.

QUINOA:

Cook the Quinoa into salted boiling water and cook it through, strain and cool down in cold water. Then season it with all the ingredients named in the ingredients list.

MANGO DRESSING:

Peel the mango, cut it into mirepois and blitz it until its get smooth. Then cut the passion fruit by 2 and remove the seeds with a spoon. Put the seeds into the blender with a bit of water and blitz it very slowly to not break them. Strain the seeds into a fine chinois, keep the juice and dry off the seeds in the dehydrator. Mix a bit passion fruit juice with the mango juice until it is acidic enough. When the seeds are dried, scratch the seeds on the drum sieve to get the powder. Keep the seeds and put some through the mango dressing.

MINT OIL:

Blanch the mint leaves in salted boiling water, then cool in ice water. Strain and press to remove all water. Blitz it with the olive oil and some mint liqueur. Strain it without squeezing in the muslin cloth.

PESTO:

Mix all the ingredients together in the blender and put it in squeezer.

GARNISH:

Mango dices of 1 cm square, 3/per.