

Alaska King Crab with Wilted Kale and Quinoa Salad



Preparation Time: 0 minutes

Cook Time: 1 minutes

Servings: 4

Ingredients:

KAFFIR LIME AND LEMONGRASS BROTH:

1 medium Alaska Grown onion

1 medium Alaska Grown carrot

1 stalk Alaska Grown celery

1 bay leaf

1/2 Tablespoon ground turmeric

3 garlic cloves

1/2 Tablespoon black peppercorn

3 stalks lemongrass (split)

1 package (about .5 oz.) kaffir lime leaves

3 quarts water

WILTED KALE AND QUINOA SALAD:

2 cups cooked tri-colored quinoa (1/2 cup dry uncooked quinoa)

1 cup torn Alaska Grown kale leaves

1 Tablespoon olive oil

1 Tablespoon minced garlic

CILANTRO GINGER PESTO:

1 bunch cilantro

1-1/2 Tablespoons fresh grated ginger

1 Tablespoon rice wine vinegar

2 oz. toasted almonds (about 3/4 cup slivered)

1/3 cup olive oil

Salt and Pepper, to taste

FENNEL ORANGE SALAD:

4 oz. Alaska Grown fennel, sliced thin

1 orange, segmented

1 teaspoon fresh lime juice

Salt and Pepper, to taste

BUTTER-POACHED ALASKA KING CRAB:

8 oz. clarified butter (see Note)

2 to 3 lb. wild Alaska king crab

Alaska Grown beet sprouts, for garnish

Description:

KAFFIR LIME AND LEMONGRASS BROTH:

Place all ingredients in a large pot over high heat; bring to a boil. Reduce heat to low and simmer for 1 hour. Place a fine-mesh sieve over a large bowl and strain broth, discarding solids. Keep broth warm until ready to serve.

WILTED KALE AND QUINOA SALAD:

Remove stems from kale and tear leaves into bite-size pieces. Heat oil in a pan and sauté garlic 1 minute or until golden. Turn off heat and stir in kale and cooked quinoa.

CILANTRO GINGER PESTO:

Place all ingredients in a blender and purée; set aside.

FENNEL ORANGE SALAD:

Combine fennel and orange in a mixing bowl. Squeeze lime over and season with salt and pepper; set aside.

BUTTER-POACHED ALASKA KING CRAB:

Heat clarified butter in a small saucepan and keep war crabmeat from shell, keeping the meat in one piece, if possible. Dip crab in butter and gently toss to coat just before serving.

To serve: In a shallow serving bowl per person, add 1 or 2 ladles of Kaffir Lime Broth. Toss Wilted Kale and Quinoa Salad with Cilantro Ginger Pesto and divide evenly among bowls. Top with Butter-Poached King Crab and Fennel Orange Salad. Garnish, if desired, with Alaska Grown beet sprouts.

NOTE: To make clarified butter, heat 12 oz. unsalted butter in a heavy-duty saucepan over low heat until melted. Simmer gently until foam rises to top of surface; remove pan from heat and skim froth from the top (discard foam or keep for adding to soups, polenta, bread, oatmeal, etc.). Line a fine-mesh strainer with cheesecloth and place over a bowl. Strain butter, leaving any solids in the pan. Store clarified butter in refrigerator up to several weeks.

Recipe by Chef Shane Moore, South Restaurant, Anchorage, AK