

Lloyd Platt & Co. - RECIPE N0.18

By
Dr Hilary Jones

“I love this romantic starter dish because it’s light, refreshing and different. It goes really well with a very chilled Muscadet or Chablis wine and therefore, by the time you get to the main course, any couple sharing it are already forgetting their troubles and strongly remembering why they were ever so attracted to each other in the first place. It is a serious contender for relationship therapy”.

Dr Hilary Jones

PEARS STUFFED WITH CRAB

This starter is quick and easy to prepare in advance, and can be made with fresh or tinned pears, and fresh, frozen or tinned crab depending on your budget.

Serves 4

Main Ingredients:

- 2 ripe pears (any sort) – skinned, cored and halved
- 2 cans white crabmeat OR 2 fresh or frozen dressed crabs

Dressing Ingredients:

- 1 table spoon mayonnaise
- 1 teaspoon tomato puree
- 1 dessert spoon double cream
- 1 teaspoon lemon juice
- 1 teaspoon salad cream
- Dash of Worcestershire sauce (optional)
- Paprika to serve

To serve:

- 4 crisp lettuce leaves
- 4 lemon wedges

Method:

1. Arrange lettuce on four plates and place half a pear on each plate
2. Remove crabmeat from tin or shell (if using frozen crab, ensure it is fully defrosted)
3. Mix roughly to combine brown and white meat and sprinkle with lemon juice
4. Mix all dressing ingredients together thoroughly in a small dish
5. Spoon the crab equally over the pears and add a spoonful of dressing on top
6. Sprinkle with paprika and serve with lemon wedges and brown bread

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