

#102: Fit For a Queen

6 Seafood Salad with Green Goddess Dressing

Alison Vega-Knoll, Station 6

Shrimp Boil

- 1/8 cup crab boil seasoning
- ¼ cup salt
- 4 lemons, halved and squeezed
- 2 bay leaves
- 1/8 cup Creole spices
- ½ gallon water
- 2 pounds peeled and deveined shrimp (16/20 per pound)

Combine crab boil, salt, lemons, bay leaves, Creole spices and water in a large pot. Bring to a rapid boil and drop in shrimp. Bring the liquid back to a boil, then cook shrimp for 2 minutes until they curl and turn pink. Strain and let shrimp cool on sheet pan in cooler.

Green Goddess Dressing

- 1 tablespoon garlic, minced
- 2 bunches green onions, chopped
- 2 ripe avocados, pitted and peeled
- ½ teaspoon diced fresh jalapeno
- 1 tablespoon tarragon, chopped
- ¼ cup freshly squeezed lemon juice
- ½ cup sour cream
- ¼ cup mayonnaise
- ½ cup olive oil
- ½ teaspoon black pepper
- 1½ teaspoons kosher salt

8 ounces lump crabmeat

2 small heads Bibb lettuce, torn into bite-sized pieces

In a blender or food processor, combine the garlic, green onions, avocados, jalapeno, tarragon, lemon juice, sour cream and mayonnaise and blend until smooth. Slowly drizzle in the olive oil and blend until creamy. Add the salt and pepper. Adjust to taste. If the dressing is slightly bitter because of under ripe avocados, add a pinch of sugar to balance the flavors.

Place the Bibb lettuce in a bowl and spoon on enough of the Green Goddess Dressing to lightly coat the greens. Toss the boiled shrimp and crabmeat in additional dressing. Top the lettuce with the shrimp and crab. If desired, garnish with crispy deep-fried onion strings.

Serves 6 to 8.