

Rosanna's Pairings

April 5, 2015

Rosanna

Cool Cantaloupe Soup with Crab Salad Garnish

Pairs well with "Montakarn Tippy Toe Un-oaked (as voted by 5 food tasters)

Serves 4-6 (depends on you!)

- 1 very large cantaloupe (or 2 small cantaloupes) halved, peeled, seeded and cut into chunks
- ¼ cup (50 ml) plain yogurt (not Greek yogurt)
- 6 oz. (180 g) cooked crab leg meat, picked over for shells (frozen then thawed) or 1 can crab meat rinsed thoroughly with water (non-canned is always better)
- 1 small shallot, finely minced
- 1 granny smith apple, peeled and finely diced
- ½ English cucumber, seeded and finely diced
- 1 tbsp (15 ml) chives
- 2 tbsp (15 ml) whole grain mustard
- 2 tbsp (15 ml) mayonnaise
- ½ to 1 lime, juice only

Instructions

In a blender, add cantaloupe chunks and yogurt. Blend or puree in blender until smooth. If too thick, thin with cold water. Transfer to glass bowl or pitcher and chill while preparing crab garnish. Can be made in the morning and refrigerated in a sealed glass container.

In a medium bowl, add crabmeat, shallot, apple, cucumber and chives. Stir in whole grain mustard and mayonnaise. Season to taste with ½ to 1 juice of lime. Depends on how limey you like it! Season with salt and pepper to taste. Can be made in the morning and refrigerated in a sealed glass container.

When ready to serve, place a large dollop of crab mixture in chilled soup bowls (use plastic wrap to mold meat into neat mound as opposed to using one's fingers or spoons). Pour melon soup around crab.

Serve with a glass of chilled Montakarn "Tippy Toe Un-Oaked." Enjoy!