

Balmain Bugs and Yabbies Salad

Balmain bugs are miniature lobsters and yabbies are giant fresh water crayfish, both native to Australia.

4 first course servings.

1 one pound lobster, shelled and cut into medallions after cooking

4 teaspoons vegetable oil

16 cooked crayfish or jumbo shrimp, shelled and deveined

$\frac{1}{2}$ cup whipping cream

12 snake or Chinese long beans cut into 2" pieces

4 teaspoons fish stock

2 large peaches, peeled and cut into eights

4 large fresh mint leaves, blanched

2 large tomatoes, peeled and cut into pieces

salt and freshly ground pepper

6 teaspoons white wine vinegar

Combine lobster, crayfish, beans, peaches, tomatoes, 2 teaspoons of vinegar and oil in large bowl. Blend remaining vinegar, cream, stock and mint in processor. Season dressing with salt and pepper. Toss salad with dressing.

From Ascension's Food Festival Recipes