

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
- 16 cooked crayfish or jumbo shrimp, shelled and deveined
- 12 snake or Chinese long beans cut into 2" pieces
- 2 large peaches, peeled and cut into eights
- 2 large tomatoes, peeled and cut into pieces
- 6 teaspoons white wine vinegar
- 4 teaspoons vegetable oil
- ½ cup whipping cream
- 4 teaspoons fish stock
- 4 large fresh mint leaves, blanched
- salt and freshly ground pepper

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