

CHEF EXCLUSIVE



CREATED BY EXECUTIVE CHEF
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ORANGE AND ASPARAGUS SALAD WITH JUMBO LUMP CRAB

Light, refreshing orange segments are paired with asparagus over a bed of baby greens with a citrus vinaigrette. The jumbo lump crab is the star of the show here during the summer months when freshly picked crab meat has a sweet, clean, buttery flavor. This C-suite favorite was one of the first dishes from my career.

SERVES 4



For ingredients and
cooking directions, please
scan the QR code.

ORANGE AND ASPARAGUS SALAD WITH JUMBO LUMP CRAB

INGREDIENTS

Asparagus Spears

- 1 1/2 pounds fresh asparagus, jumbo
- 1 quart water
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground green and red peppercorn

Orange Segments

- 2 large oranges large, cut into 12 segments, 24 segments in total

Citrus Vinaigrette

- 1 tablespoon fresh orange zest
- 2 tablespoons fresh orange juice (about 1/2 an orange)
- 1 tablespoon orange juice concentrate
- 2 tablespoons white wine vinegar (champagne vinegar)
- 1 tablespoon honey
- 2 cloves garlic, chopped
- 1 teaspoon Dijon mustard
- 1/4 to 1/2 cup extra-virgin oil
- 2 tablespoons chives, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground green and red peppercorn

Salad Greens

- 1 small head of frisée lettuce, root trimmed, leaves separated into smaller pieces
- 1 cup baby arugula or microgreens
- 2 large oranges, peeled and cut into segments
- 1/2 bulb fennel, shaved
- 1 shallot, shaved
- 2 tablespoons chives, thinly sliced, for serving
- 2 tablespoons fresh dill, for serving
- Orange, lemon and/or lime for citrus zest, for serving
- Flaky sea salt, for serving

The Crab

- One 16-ounce can jumbo lump crab meat, drained of any excess liquid and remove any cartilage or shell

DIRECTIONS

Asparagus Spears

Trim the asparagus by cutting the spears diagonally into 1 1/2- to 2-inch pieces.

In a pan, bring 2 inches of water to a boil and cook until tender-crisp, 1 to 2 minutes, or blanch in a steamer for 30 to 60 seconds.

Drain, rinse with cold water and drain again.

Pat dry with paper towels. Chill until ready to serve.

Orange Segments

Segment the orange by cutting away the peel and white pith; cut and lift out segments. Divide the orange segments evenly among all plates. Please note: 1 orange for every 2 servings, but it is OK to up the amount.

Citrus Vinaigrette

Combine the orange zest and the next 5 ingredients in a medium bowl; mix well.

Whisk in the olive oil together until emulsified. Add the chives, salt and pepper to taste.

Salad Greens

Wash, then dry the frisée before beginning. Trim and discard the root end of the lettuce, pull apart and separate the lettuce leaves into smaller, bite size pieces. Add the shaved fennel and shallots; gently mix together.

Divide the salad greens into 4 servings for plating.

The Crab

Divide the lump crab cluster into 4 equal servings for plating. Chill until service.

Service/Plating

Lightly season the asparagus with the salt and pepper.

Arrange 6 asparagus on the plate.

Arrange 6 orange segments between each asparagus spear.

Place a bundle of salad greens together, center of plate, on top of the asparagus and oranges.

Place 1/4 cup of baby arugula or micro greens on top.

Carefully add the jumbo lump crab pieces, 4 to 6 clusters, and garnish with citrus zest

Drizzle the plate with orange vinaigrette, then sprinkle with sliced chives, chopped fresh dill, and a generous pinch of flaky sea salt. Serve immediately!

