

# Delicious crab mousse with pomelo salad

*Compliments to Chef Chantel Dartnall from Restaurant Mosaic at the Orient.*

Genesis is a refreshing marriage of citrus fruit and crab and rainbow trout that make a splendid starter.

## **Makes 4 servings**

### **Dish components:**

Crab Mousse

Marinated Trout fillet

Dill Vinaigrette

Buttermilk foam

Lump fish roe

Dried carrot slices

Dried courgette slices

Fresh Carrot slices

Fresh Courgette slices

Fresh Pomelo segments droplets

Nemesia flowers

Violas

Pansies

Blood sorrel

Pea tendrils

Micro herbs

Recipes

Crab mousse:

### **Ingredients**

5 Sheets of gelatine

1 cup of cold water to soak the gelatine

250 ml cream

100g finely grated lemon grass

250g cream cheese, softened

1 cup mayonnaise

50 g finely chopped fennel

Fresh lemon zest to taste

Black pepper to taste

1 tsp fresh lemon juice

500g flaked crabmeat

### **Method**

Dissolve gelatin in water in a small bowl and set aside. Lightly spray a silicone mould with half round shapes with spray 'n cook

Over low heat, heat the cream in a medium saucepan along with the lemon grass, remove it from the heat and let the cream infuse for about 5 minutes. Strain out the lemon grass with a fine sieve and add the cream cheese and stir until melted. Add the dissolved gelatin and stir until it has completely dissolved

.Add all the remaining ingredients, except the crab meat and stir well to make sure everything is well blended and distributed evenly. Gently fold in the crab meat and check the seasoning .

Pour the crab mixture into the half round silicone shapes and smooth the top of the mousse. Cover the mould with plastic wrap and place the mousse in the refrigerator to set for at least 8 hours or overnight.

Keep the mousse molded and refrigerated until just before serving.

To serve unmould the half rounds and push the two pieces of mousse together to form a round ball.

Decorate the outside of the crab ball with both the fresh and dried carrot and courgette rounds before placing the crab ball on top of the trout base on the plate.

## **Dill Vinaigrette**

### **Ingredients:**

20g Dill, chopped finely

20ml White Balsamic vinegar

60ml Lemon Olive Oil

Maldon Salt

### **Method:**

Add the dill to the vinegar, whisk the vinegar while slowly adding the oil until a light emulsion is created. Adjust seasoning according to taste.

### **Marinated Trout:**

1 x trout fillet- skin removed

1 x recipe dill vinaigrette

**Method:**

Slice the trout into brunoise and add the vinaigrette.

Buttermilk foam:

**Ingredients:**

250ml Buttermilk

25ml White balsamic vinegar

1 cup Lemon Grass, chopped finely

Add salt to taste

**Method:**

Bring the buttermilk, vinegar and lemon grass to a simmer and let infuse. Season with salt. Place all the ingredients in a jug blender and blitz until smooth. Pass the mixture through a fine sieve and place in the fridge until required.

To prepare the fresh Pomelo segments, remove the skin as well as all of the white parts from the pomelo. Take the pink juice part of the fruit and break up die segments to resemble small pomelo droplets.

**Assembling the dish:**

Use a round cookie cutter and press the brunoise trout down in the cutter to form a base about 1 cm in thickness, remove cutter. Add a layer of the fish roe on top of the trout then place the crab mousse ball on top of the base and garnish with , flower petals, pea tendrils and micro herbs. When ready to serve create a light foam with the buttermilk by using a stick blender and spoon the foam around the crab mousse.

Serve immediately. Bon Appetit.