

Caramelised Onions with Crab and Yoghurt

By Michael Meredith

20 minutes

30 minutes

16

Serves



INGREDIENTS

4 medium sized pickling
red onions, halved
100g crab meat
1 tbs lemon oil
½ tbs coriander, finely chopped
½ tbs fennel fronds, finely chopped
100ml Greek yoghurt dressing

Greek yoghurt dressing

100g store-bought or home-made
Greek yoghurt
½ tbs chardonnay vinegar
20ml olive oil
¼ tsp caster sugar
10ml lemon juice
Salt flakes, to taste

METHOD

1. Place the crab and lemon oil into a small vacuum seal bag and place into Vacuum Sealing Drawer and Vacuum on Setting 3, Sealing setting 3.
2. Place in a Perforated steam tray and Steam at 80°C for 2 minutes.
3. Add cooked crab meat with coriander and fennel in a bowl and combine. Set aside.
4. Place onions flesh side down in a heavy-based frying pan on medium heat, Induction setting 5 with some olive oil and slowly caramelise until cooked, approximately 20 minutes.
5. Turn onions over and cook for about 5 minutes. Allow to cool enough to handle and remove the inner layers. Keep warm.

Greek yoghurt dressing

1. Combine all ingredients and mix well.

To serve

1. Spoon some yoghurt dressing into the onion and place the crab meat on top. Garnish with coriander and fennel and serve.