

# 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 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 caramelize 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.