

Crab, Avocado, and Hearts of Palm Salad

I have always felt that crabs are more abundant and meatier in September than any other month so I wanted to share a crab recipe this month. The recipe is actually adapted from a good friend who makes this on a regular basis. It combines three of my favorite foods and is seasoned with curry powder so it is definitely a go to dish for me. Cold and creamy it makes a great hot weather salad and pairs very well with the Martin Ulisse Trebbiano.

Ingredients:

- 1 pound of blue crab meat
- 2 avocados
- 2 cups sliced hearts of palm
- $\frac{1}{2}$ cup mayonnaise
- Juice of one lemon
- 1 tablespoon curry powder
- Salt and pepper to taste

Method:

Mix the mayonnaise, lemon juice, and curry powder.
Add the avocado and gently mash, leaving a few chunks of avocado.
Gently fold in the crab meat to keep from breaking it up too much.
Taste and add a pinch of sea salt and white pepper and mangia, mangia!