

# theGuy|sGuide

## Lemon-Sautéed Crab Cocktail (As Seen on ABC'S THE BACHELORETTE)

### Ingredients:

- 1 ½ Lbs cooked (shelled & picked) Dungeness Crab Meat
- 1 Jar minced garlic
- 4 Lemons
- 1 bottle of Chardonnay
- 1 Stick of butter
- 2 Tbspns E.V.O.O.
- 1 Bunch of Flat leaf Italian Parsley (finely chopped)
- 1 Bunch of Organic Scallions
- 1 Head of Butterleaf Lettuce
- 1 Jar of Paprika

### Tools:

- 2 Martini Glasses
- 1 Heat-Tempered Spatula
- 1 Chef's Knife
- 1 Pairing Knife
- 1 large Wooden Cutting Board
- 1 medium-size Sauté Pan (NOT TEFLON)

### Wine Pairings:

- La Crema Chardonnay 2006
- Banfi Pinot Grigio San Angelo 2006
- Ferrari-Carano Fume Blanc 2006

### Directions:

1. Rinse flat-leaf parsley thoroughly and pat to dry
2. On a large wooden cutting board, finely chop about one handful worth of flat-leaf parsley
3. Wipe Cutting board clean, and roll 1 lemon with the palm of your hand. This will help release the juice once you cut into it.
4. Slice lemon into ¼'s and set aside.
5. Place sauté pan on the stove and turn heat on High.

6. Add 2 Tblspns of the E.V.O.O. to the sauté pan, as well as ½ stick of butter and allow the butter to melt.
7. Add 1 a small spoonful of minced garlic and a small handful of the chopped flat-leaf parsley. Squeeze the quartered lemons over the mixture to render the juice and incorporate all ingredients with the heat-tempered spatula.
8. Once the minced garlic is slightly golden brown, deglaze your pan by adding a ¼ cup of Chardonnay. Slightly shake the sauté pan in order to burn off excess alcohol.
9. Once the majority of the liquid in the pan has reduced, add the crabmeat and 2 dashes of paprika, incorporate with the heat-tempered spatula.
10. Allow mixture to cook for 2-3 minutes, until all liquid is evaporated/absorbed. Remove from stove a set aside.
11. Take 2 pieces of the rinsed butterleaf lettuce and cover the bottom of the both martini glasses (one piece of lettuce per glass).
12. Add enough of the crabmeat mixture to fill the glass (do not over fill).
13. Add one dash of paprika over the top of the crab mixture.
14. Garnish with sliced scallion and wedged lemon. Serve immediately.