

Grilled Orange, Rice Noodle and Crab Salad

Robert Danhi, consulting chef for Sunkist Growers



DRESSING:

- 6 ounces fresh lime juice
- 6 ounces fresh orange juice, Cara Cara, or any sweet orange
- 6 ounces Thai sweet chili sauce
- 2 ounces fish sauce
- 1/4 cup fresh garlic, minced
- 1/4 cup lemon grass, only the white part, finely minced

SALAD:

- 1/2 pound rice noodles (dry)
- 3 ounces cucumber, julienned
- 3 oo fresh carrots, julienned
- 1/4 cup fresh mint, chopped
- 1 pound lump crabmeat (not snow crab)

ORANGES and GARNISH:

- 5 whole oranges, sweet, like Navel or Cara Cara
- 1/2 cup fresh cilantro, chopped
- 3/4 cup peanuts, chopped

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Next time I make this I'll be using some snow peas, or sugar snap peas, more carrots, some green onions. Make certain you add enough dressing as the noodles will soak it up! Their recipe thought this would feed 4, but I think it would serve more, so I've guess-timated 6.

1. DRESSING: Combine all ingredients in a bowl and whisk. (You may not use all the dressing.)
2. SALAD: Soak noodles in warm water (about 90°) for 15 minutes. Drain well. In a gallon of boiling water, cook noodles for about 2 minutes. Drain and rinse under cool tap water.
3. In a large bowl combine the noodles, cucumber, carrots and mint. Add a small amount of the dressing to the crab meat and set aside.
4. ORANGES: After cutting off the peel, cut each orange into about 6 wedges (these are not individual orange segments, but wedges - you need some of the connecting membranes to hold the orange pieces together during grilling). Gently toss the orange pieces with about 2 ounces of the dressing. Heat a grill (stovetop is fine) to medium high and oil it, then add the orange segments on both cut surfaces for about 30 seconds per side, just long enough to get some grill marks on them. Do not over cook them! Remove and set aside.
5. Add dressing to the noodle mixture (enough to suit your taste) and toss. Place portions out on plates, then top with the crab meat (and any dressing on it), grilled oranges, cilantro, and peanuts. Serve.

Per Serving (excluding unknown items): 481 Calories; 11g Fat (21.0% calories from fat); 21g Protein; 76g Carbohydrate; 6g Dietary Fiber; 60mg Cholesterol; 444mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.