

Seacuterie Board



Servings: 6

Crab Dip

- 2 tablespoons cream cheese
- 1 tablespoon mayonnaise
- 2 teaspoons old bay seafood seasoning
- 1/8 teaspoon garlic powder
- 1 1/2 teaspoons prepared horseradish
- 1 teaspoon lemon zest
- 3 dashes worcestershire sauce
- 225 grams crab meat
- 2 tablespoons fresh chives
- 1 1/4 teaspoons salt

Cocktail Sauce

- 1/2 cup ketchup
- 2 tablespoons prepared horseradish
- 1 dash worcestershire sauce
- 1 squeeze lemon juice

Cucumber Pickles

- 1/3 cup rice vinegar
- 2 teaspoons honey
- 1 teaspoon sesame oil
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper flakes, optional
- 1 cucumber, thinly sliced diagonally
- 2 teaspoons fresh chives, chopped

Seasoned Fillet of Cod

- 1 cod fillet
- 1 tablespoon vegetable oil
- 1 teaspoon ginger root, grated
- 1/2 teaspoon ground turmeric
- 1 clove garlic, minced

1 pinch salt and pepper

Toasted Baguette

1 baguette, cut into slices

The Seacuterie Board

200 grams smoked salmon

24 cooked shrimp

cherry tomatoes

radishes, sliced into rounds

fresh chives, chopped

Crab Dip

1. In a medium bowl stir together cream cheese, mayonnaise, old bay seafood seasoning, garlic powder, prepared horseradish, lemon zest and worcestershire sauce
2. Fold in crab meat and chives
3. Season with salt
4. Refrigerate until served

Cocktail Sauce

1. In a bowl mix together all the ingredients
2. Keep in the fridge until ready to serve

Cucumber Pickles

1. Mix all the ingredients together in a bowl
2. Place in the fridge for at least one hour before serving

Seasoned Cod Fillet

1. In a bowl mix together vegetable oil, ginger root, turmeric, garlic, salt and pepper
2. Brush the mixture on both sides of the cod fillet
3. Bake in a 350°F oven for 20-25 minutes or until the cod is opaque and flakes easily with a fork

Toasted Baguette

Place your slices of baguette on a tray brush with olive oil and toast in a 350°F oven for 10-15 minute until lightly golden brown and crisp

To Assemble Your Seacuterie Board

1. Place the crab dip, cocktail sauce and cucumber pickles into separate bowls and place on your board
2. Next place your smoked salmon, shrimp and seasoned cod fillet
3. Next place your toasted slices of baguette
4. Fill in your board with cherry tomatoes and slices of radish
5. Sprinkle some chives over top

Per Serving (excluding unknown items): 466 Calories; 12g Fat (22.5% calories from fat); 37g Protein; 54g Carbohydrate; 3g Dietary Fiber; 140mg Cholesterol; 1815mg Sodium. Exchanges: 2 1/2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.