

# Seafood Salad á la Westcoast©

*Serves 8–10*

## **Dressing—Ingredients:**

3/4 cup	mayonnaise
1/2 cup	sour cream
1 1/2 Tbsp.	dry minced onion
1 Tbsp.	fresh dill, chopped or 1 tsp. dry
1 Tbsp.	Dijonnaise™
1 Tbsp.	horseradish (creamy is best)
2 tsp.	lemon pepper

## **Method:**

Fold all ingredients together.

## **Salad—Ingredients:**

1 1/2 lbs.	fresh salmon
1 lb.	shrimp, cooked and each cut lengthwise in half
2–6 1/2 oz. cans	fancy crabmeat
1 large	seedless cucumber
1 head	Boston lettuce
3	spring onions, chopped
1 firm	tomato, cut into wedges
1	baguette, sliced

## **Method:**

On a microwaveable plate, put the salmon sprinkled with 1 Tbsp. white wine Worcestershire sauce and 1 tsp. lemon pepper. Put into microwave (do not add any liquid) and cover with a paper towel. Microwave 6–8 minutes, depending on how thick the piece of salmon is. Cool.

Fold salmon, shrimp and crabmeat into dressing and refrigerate 2 to 24 hours.

When ready to serve, slice 20 slices of cucumber and set aside. Peel rest of cucumber, cut lengthwise and scoop the fine seeds out. (Yes, even though it's seedless, it does have very fine seeds which will not bother you if you eat them; however, they are watery and should be scooped out for this recipe, so the salad will not get watery.) Cube cucumber and fold into salad. Taste for salt and lemon pepper.

Line a salad bowl or tray with an edge with Boston lettuce. Put salad into center and decorate with reserved cucumber slices around the edge. Sprinkle spring onion on top. Decorate with tomato wedges and serve with baguette slices.

**Hint:** Buy one unbaked, frozen baguette. Slice it, wrap in foil and put into freezer. When ready to serve, open foil like a shell and bake in conventional oven at 375° or convection oven 350° about 10–12 minutes or until brown and crisp.