



CRAB BRUSCHETTA

Category: Crab

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Crab Bruschetta is a delightful and elegant appetizer that combines the rich, sweet flavor of crab meat with the fresh, zesty taste of a traditional Italian bruschetta.

This dish is perfect for special occasions, dinner parties, or casual get-togethers, offering a light yet sophisticated way to enjoy seafood.

The combination of tender crab, tangy lemon, aromatic herbs, and crunchy toasted bread makes each bite a perfect balance of flavors. Simple to prepare, Crab Bruschetta is a dish that will impress your guests and have them coming back for more.

Ingredients:

1/2 lb fresh lump crab meat (or canned, drained and patted dry)

1 tbsp olive oil

1 tbsp fresh lemon juice

1 tbsp Dijon mustard

1/2 tsp garlic powder

2 tbsp fresh parsley, finely chopped

1 tbsp fresh basil, finely chopped

1 tbsp green onions, finely chopped

Salt and pepper to taste

1 loaf of baguette or Italian bread, sliced into 1-inch thick pieces

2 tbsp olive oil (for toasting bread)

2 cloves garlic, peeled and halved

Optional: 1 tbsp capers, drained (for added briny flavor)

How to Make:

Prepare the crab mixture: In a medium bowl, combine the fresh crab meat, lemon juice, Dijon mustard, garlic powder, parsley, basil, green onions, and a pinch of salt and pepper. If you like a little extra tang, you can add capers to the mixture. Gently toss the ingredients together, being careful not to break up the crab meat too much. Once well mixed, set the crab mixture aside to let the flavors meld while you prepare the bread.

Toast the bread: Preheat your oven to 375°F (190°C). Arrange the baguette or Italian bread slices on a baking sheet in a single layer. Brush both sides of each slice with olive oil. Toast the bread in the oven for about 10-12 minutes, or until it is golden brown and crispy. You can also toast the bread on a grill pan for a smoky flavor. After toasting, rub each slice of bread with the cut sides of garlic cloves for added flavor.

Assemble the bruschetta: Once the bread is toasted, spoon the crab mixture generously onto each slice. Use the back of the spoon to lightly press down the crab to ensure it sticks to the bread. Serve immediately after assembling, or keep the crab-topped bread covered with plastic wrap and refrigerated until ready to serve.

Serve: Arrange the Crab Bruschetta on a serving platter and garnish with additional fresh parsley or basil if desired. You can also add a light drizzle of olive oil over the top for extra richness. Serve with lemon wedges on the side for guests to squeeze over the bruschetta before eating.

Chef's Note: For a more decadent version, you can add a small dollop of mascarpone or cream cheese to the crab mixture for a richer, creamier texture. Additionally, if you're using canned crab meat, ensure that it's well-drained and flaked to mimic the

texture of fresh crab as closely as possible. Crab Bruschetta is best served fresh, but you can prepare the crab mixture a few hours in advance for convenience. Just assemble the bruschetta right before serving to keep the bread from becoming soggy.

Nutrition Information (per serving, 4 servings total):

Calories: 300

Protein: 20g

Carbohydrates: 28g

Fat: 15g

Saturated fat: 2g

Cholesterol: 45mg

Sodium: 420mg

Fiber: 2g

Sugars: 3g

Crab Bruschetta is a great way to elevate any gathering, offering the perfect balance of textures and flavors with each bite. This seafood appetizer is both fresh and satisfying, and it's sure to leave a lasting impression!