



Just Recipes.

Susur Lee's Crab, Spinach and Orzo Sauté

A creative way to use an Italian staple by Susur Lee, the king of Asian fusion. Just as good cold the next day, eaten with a spoon straight from the fridge.

Ingredients

1 cup [250 ml]	orzo
2 tsp [5 ml]	salt
3 tbsp [45 g]	butter
2	garlic cloves
2 tbsp [30 ml]	mirin
2 tbsp [30 ml]	soy sauce
1	egg
3 cups [about 150 g]	shredded spinach
1/2 cup [115 g]	shredded cooked crab meat
1	green onion (scallion), thinly sliced
2 tbsp [20 g]	toasted pine nuts

Serves 2



Method

Partially fill a large saucepan with water and bring to a boil over high heat. Add orzo and salt. Boil, stirring occasionally, until orzo is al dente, from 6 to 8 minutes. Remove from heat and drain well. Reserve.

Meanwhile, melt butter in a medium frying pan over medium heat. Stir often, until light brown, about 5 minutes. Pour browned melted into a small bowl, leaving about 1 tbsp [15 ml] in the pan. Set bowl containing melted butter aside. Keep pan on medium heat and add cooked orzo, garlic, mirin and soy sauce. Sauté until orzo is light brown, for 4 to 6 minutes.

While orzo is frying, heat 1 tsp browned butter in a small nonstick frying pan over medium-high heat. In small bowl, whisk egg, then pour into pan. Tilt pan to make a very thin omelette. Cook just until egg is set and lightly brown, about 30 seconds per side. Turn out onto a cutting board. When cool enough to handle, roll up. Thinly slice into strips. Set aside.

When orzo is browned, stir in spinach and crab. Stir constantly until crab is warm, 2 minutes. Drizzle with remaining browned butter and stir well to coat. Spoon sauté into warmed bowls. Sprinkle with thinly sliced egg strips, green onion and pine nuts. Serve immediately.

Recipe Credit: Adapted from Susur Lee, via Chatelaine Magazine.

Photo Credit: Marie Asselin

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