

# BAHAMIAN CRAWFISH (LOBSTER) SALAD

In the Bahamas we use the words lobster and crawfish interchangeably, but we refer to the spiny crawfish, which has two feelers instead of claws.

## Ingredients:

3 Med. Lobster Tails  
1 Small onion (diced small)  
½ Green pepper (diced small)  
2 tablespoons mayonnaise  
1 Hot pepper (diced small)  
1 Lime or lemon  
Salt  
½ Med. Tomato ( diced medium)  
Water

## Preparation:

Place lobster tails (in shell) with a dash of salt into pot of water and bring to a boil. Cook for 10 minutes. In the meanwhile, prepare vegetables and place in a medium sized bowl. Remove pot from heat and drain water. Fill with cold water to cool lobster. Remove the meat of the lobster from shell by using a large knife to break the crossbone at the sides of the shell (please use care). Once you have broke the cross bones the thin skin will lift easily, revealing the succulent meat. Separate the meat and the shell then de-vein. Cut meat into small chunks then place in bowl with other ingredients. Add mayonnaise, salt to taste and squeeze the juice of the lime/lemon in to the bowl. Mix until blended. Chill before serving.

## Serving Suggestion:

This regal appetizer can be served on a bed of lettuce with a wedge of lime or on crackers as hors'd oeuvres.