

Spanish Summer Salad (Salpicon)

A cool seafood salad with peppers, onion and ripe tomato, dressed with olive oil and red wine vinegar.

Ingredients

- 6-8 boiled shrimp
- 1 cup cooked whole crab pieces (imitation crab is a fine substitute)
- Optional: 1 cup cooked octopus or steamed mussels
- 1/2 green pepper, cut into slices
- 1/2 red pepper, cut into slices
- 1/2 sweet onion or a spring onion
- 2 tomatoes (use the best quality you can find)
- 4-5 tablespoons extra virgin olive oil
- 3 tablespoons red wine vinegar
- Salt
- Pepper

Method

- 1** Slice the onion julienne and slice the tomato into flat slices.
- 2** Slice the red and green peppers into long, thin slices.
- 3** Add all the vegetables to a salad bowl, season with salt and pepper to taste and toss gently. Then add the vinegar and oil.
- 4** Add the seafood to the salad and toss once more, gently.
- 5** Cover and let it sit in the refrigerator for at least 30 minutes so the flavours can mix together well.