

The Best Crab Louie Salad Recipe (A West Coast Classic)

The Ultimate Crab Louie Salad: A Classic West Coast Legend



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30 min

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INGREDIENTS

Mayonnaise: 1 cup
Chili Sauce: 1/4 cup (like Heinz, for that signature tang)
Lemon Juice: 1 tbsp (freshly squeezed)
Worcestershire Sauce: 1 tsp
Creamed Horseradish: 1 tsp (optional, for a little kick)
Shallot: 1 tbsp (finely minced)
Salt and Pepper: To taste
Lump Crab Meat: 1 lb (Dungeness is traditional, but King or Blue crab works great)
Romaine or Iceberg Lettuce: 1 head (shredded or torn)
Hard-Boiled Eggs: 3 (quartered)
Roma Tomatoes: 2 (quartered or sliced)
English Cucumber: 1/2 (sliced)
Asparagus Spears: 8-10 (blanched and chilled)
Avocado: 1 large (sliced)
Lemon Wedges: For garnish

Swaps and Notes:

The Crab: If fresh lump crab is out of your budget, you can use high-quality canned lump crab or even grilled shrimp for a "Shrimp Louie" variation. Avoid "imitation crab" if you want the authentic flavor.

The Greens: While Romaine provides a nice crunch, Butter Lettuce (Bibb) adds a silky texture that

pairs beautifully with the crab.

The Dressing: If you're in a hurry, you can use a high-quality Thousand Island dressing, but adding fresh lemon juice and shallots will elevate it significantly.

Step-by-Step Instructions:

1. Make the Dressing:
2. Prep the Veggies:
3. The Lettuce Base:
4. Compose the Salad:
5. The Star of the Show:
6. The Finishing Touch:

Tips for Success:

Keep it Cold: A Crab Louie is best served ice-cold. Chill your plates in the fridge for 15 minutes before assembling to keep the ingredients crisp.

Handle Crab Gently: Try not to break up the large lumps of crab meat. Those big chunks are what make the salad feel luxurious.

Acid is Key: Don't skip the extra lemon wedges. The acidity cuts through the creamy dressing and highlights the sweetness of the crab.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 420 kcal

Total Fat: 28g

Carbohydrates: 12g

DIRECTIONS

1. **Make the Dressing:** In a small bowl, whisk together the mayonnaise, chili sauce, lemon juice, Worcestershire, horseradish, and shallots. Cover and refrigerate for at least 30 minutes. This allows the flavors to meld and the dressing to chill.
2. **Prep the Veggies:** Blanch the asparagus in boiling water for 2 minutes, then immediately plunge into an ice bath to keep them bright green and crisp. Slice your tomatoes, cucumbers, and eggs.
3. **The Lettuce Base:** Divide the shredded lettuce among four large plates or one large serving platter. This acts as the "canvas" for your salad.
4. **Compose the Salad:** Arrange the hard-boiled eggs, tomatoes, cucumber slices, and blanched asparagus around the edges of the plate in neat sections. Place the avocado slices on one side.
5. **The Star of the Show:** Mound the cold lump crab meat right in the center of the lettuce. You want the crab to be the focal point of the dish.
6. **The Finishing Touch:** Drizzle a generous amount of the chilled Louie Dressing over the crab and slightly over the vegetables. Garnish with a sprinkle of fresh parsley or chives and serve with lemon wedges on the side.
7. **Tips for Success:** **Keep it Cold:** A Crab Louie is best served ice-cold. Chill your plates in the fridge for 15 minutes before assembling to keep the ingredients crisp.
8. **Handle : Crab Gently:** Try not to break up the large lumps of crab meat. Those big chunks are what make the salad feel luxurious.

9. Acid is : Key: Don't skip the extra lemon wedges. The acidity cuts through the creamy dressing and highlights the sweetness of the crab.
10. Serving Suggestions and Pairings: This salad is a complete meal on its own, but it goes beautifully with a side of sourdough bread (a nod to its San Francisco roots). If you're hosting a larger gathering, it pairs well with a 15-Minute Margherita Flatbread or a refreshing Coconut Lime Poke Cake for dessert. For a beverage, try a Spring Dirty Soda for a fun, non-alcoholic twist.
11. Nutritional Information (Per Serving): Calories: 420 kcal
12. Total : Fat: 28g
13. Carbohydrates: 12g
14. Protein: 32g
15. Fiber: 5g (Note: High in healthy fats and lean protein!)
16. Storage and Leftover Tips: Because this salad contains fresh seafood and avocado, it is best eaten immediately. However, you can prep the dressing and the blanched asparagus up to 2 days in advance. If you have leftovers, the dressing will keep in an airtight container for up to 5 days.
17. More Recipes You Will Love: Ricotta Pistachio Honey Bites - The perfect elegant appetizer.
18. One : Pan Breakfast Bake - For a hearty start to your day.
19. Mexican : Chicken and Rice Casserole - A cozy, easy-to-clean-up dinner.
20. Final Thoughts: The Crab Louie Salad is a timeless classic for a reason. It's a celebration of fresh ingredients and simple flavors that come together to create something truly spectacular.
21. What's your favorite seafood salad? I'm a sucker for a good Lobster Roll, too! Let me know in the comments, and don't forget to follow ChefManiac for more gourmet-style recipes you can make at home. Happy eating!

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