

# A Sutherland Belle

## West Indies Crab Salad

Serves 4 to 6

There are recipes that impress because they are complicated, and then there are recipes that impress because they know exactly when to stop. West Indies Salad falls firmly into the second category. Born on the Alabama Gulf Coast and made famous by Bill Bayley in Mobile, this beloved appetizer proves that great crab needs very little help. Sweet lump crab, finely chopped onion, cider vinegar, oil, and a little patience are all it takes. Served ice cold with saltine crackers, it is the kind of dish that disappears first at every gathering and has guests asking for the recipe before they leave.

### Ingredients

1 pound fresh jumbo lump crabmeat, picked over for shells  
1 medium sweet white onion, very finely chopped  
1/2 cup vegetable oil  
6 tablespoons apple cider vinegar  
1/2 cup ice water  
1 teaspoon kosher salt, or to taste  
1/2 teaspoon freshly cracked black pepper, or to taste  
Saltine crackers or lettuce, for serving

### Instructions

1. Spread half of onion over bottom of a glass or ceramic bowl. Carefully arrange crabmeat over onion, keeping lumps as intact as possible. Top with remaining onion and season with salt and pepper.
2. Pour oil, vinegar, and ice water evenly over salad. Cover tightly and refrigerate for at least 2 hours and up to 12 hours.
3. Just before serving, gently toss to combine, taking care not to break up crabmeat too much. Taste and adjust seasoning if needed.
4. Serve well chilled with saltine crackers or over a bed of lettuce.

### Storage

**Refrigerate:** Store covered in refrigerator for up to 2 days.

**Freeze:** Not recommended. Freezing changes texture of crabmeat and onion.

**Serve:** Best served very cold. Gently stir before serving if dressing has settled.