



Serving an original appetizer to impress guests is always a challenge. This is one appetizer that is simple to make and full of flavour. For a vegetarian version, eliminate the crab. The roasted red peppers, dill and lemon juice add plenty of flavor all on their own.

Timing

Prep time	Total time	Skill level
25 mins	25 mins	Easy

What You'll Need

- > 3 tbsp white onion, finely chopped
- > 1 roasted red pepper, seeds removed, drained and chopped
- > 2 tbsp dill, chopped
- > 2 tsp maple syrup
- > 1 1/2 cups full-fat yogurt, drained (will make 1 C 1 1/4 cups when drained)
- > 1/2 can crabmeat, drained and chopped
- > 1/8 tsp cayenne powder (optional)
- > 1 tbsp lemon juice
- > Sea salt and pepper
- > 1 cucumber
- > Paprika for garnish (optional)

➤ Option: 1/2 celery stalk, chopped

Directions

1. Cut the cucumber into 1½ inch pieces. Scoop out the center with a melon baller, making sure to leave the bottom intact to create a cucumber shot glass. Set aside.
2. Place the drained yogurt, onions, roasted red pepper, crab meat, cayenne, maple syrup and lemon juice in a bowl. Mix all together.
3. Season with sea salt and pepper to taste. Scoop or pipe the mixture in the cucumber shot glasses. Serve.

Tip: This makes a great treat for the kids. They will enjoy helping to make the cucumber shot glasses. If crabmeat is not to their liking, use chopped celery instead.

To roast a red pepper: Cut the red pepper in half and remove the seeds. Flatten the two pieces of red pepper and place on a tray. Put the tray under the broiler and blacken the skin. Let cool and peel off the skin. Use as directed in the recipe.

To drain the yogurt: Place a tea towel over a bowl and secure with an elastic. Put 1 1/2 cups full-fat yogurt on top of the tea towel. Allow the yogurt to drain at room temperature for at least 2 hours to thicken the yogurt. The longer it sits, the thicker the yogurt will get and can be as thick soft cream cheese.