

MEN'S JOURNAL

11 Perfect Summer Seafood Salads

Grilled Achiote Prawn Salad



"This protein-driven salad showcases Monterey County's bounty of summer vegetables, and we actually harvest most of these ingredients from our own two-acre organic garden that's helmed by farmer Mark Marino," says chef Tim Wood, who helms the Valley Kitchen restaurant at [Carmel Valley Ranch](#). "The dressing is made with fresh eggs from our hen house and honey from our colonies of Italian honeybees that live in an apiary near the garden. And we finish this salad with a few grains of sea salt from our very own salt house, where Bob Kirkland harvests the nutrient-rich salt from the Monterey Bay," says Wood.

Salad ingredients

- 12 ea wild 16/20 prawns
- 3 oz lil gem lettuce
- 2 oz lola rosa lettuce
- 12 ea heirloom cherry tomato
- 2 ea medium-sized breakfast radish
- 1 cup blue lake green beans
- 1 cup rainbow carrots
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Directions

Toss all ingredients together

Vinaigrette

Start by blending the egg and sherry vinegar, then add herbs, pulse in the blender and slowly add in the olive oil. Season to taste.

- 1/4 cup torn basil
- 1/4 cup chervil
- 1/4 cup chives
- half-cup Italian parsley
- 1 tsp Dijon mustard
- 1 tsp local honey
- 1/2 tsp sea salt
- 1/2-cup olive oil
- 1/2-cup sherry vinegar
- one farm-fresh egg