

Leek, Avocado & Crab Toast



Mike – 4 Guys and a Tomato

Event: 8/16/2025 - Bainbridge

Inspired by: Café Campagne

This crab don't leek. Leeks and avocado dressed in olive oil & lemon, topped with celery and 2oz chilled Dungeness crab meat. Served on toasted sourdough bread.



Ingredients (Serves 2)

For the Toast:

- 2 slices levain bread (preferably Grand Central Bakery or another rustic sourdough)
- Olive oil (for brushing)

For the Leek & Avocado Base:

- 1 medium leek (white & light green part only), finely sliced
- 1 ripe avocado, diced or mashed
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- Salt & pepper to taste

For the Topping:

- 4 oz lobster meat, chilled (tail or claw, cooked)
- 1 small celery stalk, finely diced
- Optional: 1 teaspoon celery leaves or microgreens for garnish
- Optional: pinch of Aleppo pepper or chili flakes (for a subtle kick)



Directions

1. Prepare the Leeks:

- Rinse sliced leeks thoroughly to remove grit.
- In a skillet over medium heat, melt butter. Add the leek, season lightly with salt, and sauté 6–8 minutes until soft and sweet but not browned. Remove from heat.

2. Make the Leek-Avocado Mixture:

- In a mixing bowl, gently combine:
 - Leeks
 - Diced (or lightly mashed) avocado
 - 1 tbsp olive oil
 - 1 tsp lemon juice
 - Salt & pepper to taste
- Stir just to combine—keep it chunky and vibrant.

3. Toast the Bread:

- Lightly brush each slice of sourdough with olive oil.
- Toast in a hot pan, grill, or oven until golden and crisp on the edges, soft in the center.

4. Assemble:

- Spoon the leek-avocado mixture evenly onto each toast slice.
- Top with 2 oz of chilled lobster meat per toast.
- Sprinkle with diced celery.
- Finish with a drizzle of olive oil, a few celery leaves or microgreens, and optional chili flakes for heat.

Serving Notes:

- Best served immediately while the toast is warm and the lobster is cool.
- Excellent as a brunch dish, appetizer, or light lunch.

4 x ingredients

8 - 2 slices Levain bread (preferably Grand Central Bakery or another rustic sourdough)

4 - 1 medium leek (white & light green part only), finely sliced

4 - 1 ripe avocado, diced or mashed

4 - 1 tablespoon extra-virgin olive oil

4 - 1 teaspoon fresh lemon juice

16oz Crab meat - 4 oz crab meat, chilled (tail or claw, cooked)

4 - 1 small celery stalk, finely diced

Salt & pepper to taste

Olive oil (for brushing)

Optional: 1 teaspoon celery leaves or microgreens for garnish

Optional: pinch of Aleppo pepper or chili flakes (for a subtle kick)