

CARNIVORE-STYLE CREOLE CRAWFISH EGG SALAD WITH DRIED MICRO SHRIMP

Ingredients: Beef Tallow Mayo

1/2 cup beef tallow (melted and cooled slightly)
2 large egg yolks
1 tsp lemon juice or apple cider vinegar (optional for flavor)
salt to taste

Ingredients: Egg Salad

6 large eggs, hard-boiled and chopped
1/2 lb cooked crawfish tails (or more if desired)
Meat from crawfish heads (optional for extra richness)
1 tsp Old Bay seasoning
1/2 tsp celery salt
1/2 tsp smoked paprika
salt and pepper to taste

Ingredients: Topping

1/4 cup dried micro shrimp (for crunch)

Directions:

1. Prepare the Beef Tallow Mayo (Using a Food Processor):
 - In the bowl of a food processor, combine the egg yolks and lemon juice or vinegar, if using. Pulse a few times to blend.
 - With the food processor running on low, slowly drizzle in the melted beef tallow through the feed tube. Continue to process until the mixture thickens and emulsifies into a creamy mayonnaise. Season with salt to taste. Set aside.
2. Prepare the Egg Salad:
 - In a large bowl, combine the chopped hard-boiled eggs and cooked crawfish tails. If you have crawfish heads, scoop out the head meat and add it to the mixture for extra richness.
 - Add the Old Bay seasoning, celery salt, smoked paprika, and salt and pepper to taste. Mix until well combined.
 - Fold in the homemade beef tallow mayo, ensuring everything is evenly coated.
3. Assemble and Serve:
 - Transfer the egg salad to a serving dish or individual plates.
 - Top with dried micro shrimp for a crunchy texture.

Tips:

- *Customization:* Feel free to adjust the seasoning to your taste. If you enjoy a bit of heat, a pinch of cayenne pepper or crushed red pepper flakes can elevate the dish.
- *Make-Ahead:* This salad is great for meal prep. Store it in the fridge, allowing the flavors to meld over time for a quick, carnivore-friendly meal.
- *Optional Garnish:* While this dish is designed to be strictly carnivore, you can add a sprig of fresh herbs like parsley or chives for an optional garnish if desired.