



Crab Cakes with Lime + Wasabi Mayonnaise

Yield: ~20 two-inch patties

- 2 tablespoons sour cream
- 1 large egg, lightly beaten
- 1 cup soft fresh bread crumbs
- 2 tablespoons fresh lime juice
- 1 tablespoon sesame seeds, toasted
- 1-1/4 teaspoon seafood seasoning
- 1/2 cup chopped green onions
- [Scallions], thinly sliced
- 1/4 teaspoon freshly ground black pepper
- 1 pound lump crabmeat, drained
- 1 tbsp Wildtree* Grapeseed Oil, or use 1 tbsp. butter and 1 tbsp. vegetable oil

Combine ingredients in a medium bowl. Fold in crabmeat. Shape crab mixture into 20 to 24 2-inch patties; chill for 1 hour.

Pre-heat Teppanyaki on 5. When orange light turns off, set temperature to 8. When orange light is off, slightly spray or wipe cooking center with oil and fry crab cakes, 2 to 4 minutes on each side or until golden. Place in warming area. Switch-off Cook-N-Dine teppanyaki grill.

Wasabi Mayonnaise

- 1/2 cup Mayonnaise
- 2 teaspoon wasabi paste
- 1 teaspoon fine lime zest

Whisk together mayonnaise, wasabi, and lime zest; season mixture with salt and pepper. Dollop crab cakes with wasabi mayonnaise. Sprinkle with green onion and serve. Recommended side: Radish & Avocado salad (see page 2).



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Tips for a Fabulous Crab Cake:

- **Buy Fresh** - Shop at a reputable Market or store, and check the package expiration date. Cook the crabmeat the day of purchase for best results, or keep it in the coldest part of your refrigerator no longer than three days.
- **Pick thoroughly** - nobody wants to bite down on a shard of crab shell, so gently run your fingers through all of crab meat (periodically drying your hands with a paper towel makes this chores easier).
- **Be Delicate** - don't manhandle the mixture when forming patties. Fold in ingredients gently to prevent a tough texture, and use a wide spatula when transferring or handling patties.
- **Chill First** - Place uncooked patties on a sheet pan lined with parchment or wax paper and refrigerate for about an hour. This helps to keep crab cakes in one piece when you cook them.

Crab Course - a mini primer on what you will find at the market:

- **Jumbo Lump** - This luxury grades consists of chunks of sweet, white meat from the crab's large swimming muscles. There are only 2 pieces per crab; thus the high price tag. Use it in crab cocktail or premium all-meat crab cakes, or dip it in melted butter
- **Lump** - Lump crab has the same flavor and color as jumbo lump, but it comes from the body of the crab (and can include broken-up jumbo lump pieces). It's excellent in crab cakes, crab cocktail, and some pasta dishes where larger pieces are preferred.
- **Backfin** - These small pieces of lump crabmeat combined with white body meat have a slightly shredded appearance. A good value choice, backfin is great for soups, salads, stuffing, and crab cakes with bread as a binder.
- **Claw** - Claw meat comes from the legs and pinchers. (Large whole pinchers are also sold for fried crab claws or crab claw cocktail.) Claw meat is pink to brown, very flavorful, and economy priced. Its stronger flavor comes through in casseroles or cheesy dips.

Radish and Avocado Salad Yield: 4 servings

- ❑ 2 tablespoons fresh lemon juice.
- ❑ 2 tablespoons olive oil
- ❑ 1 teaspoon country-style Dijon mustard
- ❑ 1 garlic clove, minced
- ❑ salt
- ❑ Freshly ground pepper
- ❑ 8 cups torn red or green leaf lettuce
- ❑ 4 radishes, thinly sliced
- ❑ 1 ripe avocado, sliced

Whisk together first 4 ingredients, add salt and pepper to taste; toss with remaining ingredients. Voila!

This Recipe was inspired by the article "Coastal Kitchen" | Coastal Living Magazine Sept. 2011

