Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Crab Cakes with Mango Sauce

1 LB Crabmeat
1 Large Egg, Beaten
1 TB Chives, Chopped
Zest from a Lime
2 TB Lime Juice
1 TB Dijon Mustard
1 TB Cilantro, Minced
1 tsp Worcestershire Sauce
½ tsp Sea Salt
½ tsp Red Pepper Flakes
3 Cups Crushed Brown Rice Crackers
3 TB Grapeseed Oil

Step One Add the crabmeat, egg, chives, lime zest and juice, mustard, cilantro, Worcestershire, salt, and red pepper to a bowl and fold to combine. Add 1 Cup crushed rice crackers. Form the mixture into 16 small crab cakes.

Step Two Place the remaining crumbs on a plate. Gently press the crab cakes into the crumbs. Transfer to parchment-paper-lined baking sheet. Refrigerate for 30 minutes.

Step Three Heat 1 TB oil in heavy large skillet over medium-high heat. Sauté the crab cakes in batches adding more oil as needed until cooked through and golden brown on both sides, about 3 minutes per side.

Mango Tartar Sauce

1 Cup Minced Mango
¼ Cup Minced Roasted Red Pepper
2 TB Minced Red Onion
½ Cup Light Olive Oil Mayonnaise
2 tsp Hot Sauce
2 TB Cilantro, Chopped
1 tsp Lime Juice
Combine all ingredients and chill.

2 Kitchen Scoop

Tired of wrestling when chopping mangoes? Check out this video: Cutting Mangoes

3 Clever Idea

These crab cakes freeze great! Make and cook them, and then place on a sheet try to freeze individually. When frozen, remove from the sheet pan and place them flat in a ziplock bag, separated with parchment. To reheat simply enclose in foil and heat until warm in a 350F oven.

4 Cheers!

Parducci Small Lot Chardonnay
California
About $15

A creamy but not oaky chardonnay is a wonderful pairing with these yummy crab cakes. Made by a winery often called "Mendocino County's first", this wine is full of tropical fruit flavors, apples and vanilla. Affordable quality from California!

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