



Taste and Savor

## 1 Quick Recipe:

### Crab Cakes with Mango Sauce

GLUTEN FREE, PESCATARIAN

- 1 LB Lump or Special 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 or Avocado 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.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



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!