



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Crispy Almond Crab Cakes

1 LB Crabmeat
 2 Tsp EACH Salt and Pepper
 ¼ Cup Olive Oil Mayonnaise
 1 TSP Dijon Mustard
 2 TB Worcestershire Sauce
 1 TSP Baking Powder
 2 Cups Almond Meal
 1 Large Egg, Beaten
 ¼ Cup Minced Parsley
 2 TB Avocado Oil

Step One Place the crabmeat in a bowl and add the salt and pepper. In another bowl; mix the mayo, mustard and Worcestershire. Gently fold mixture into crabmeat. In a third bowl, toss the baking powder, parsley, and ¼ Cup of the almond meal together. Add to your crabmeat mixture and fold in gently.

Step Two Place the remainder of the almond meal on a plate. Make a crab cake about the size of a half dollar and coat with the meal - just enough to cover the crab cake. Put the crab cakes in the fridge for at least 30 minutes to firm up before cooking them.



Step Three In a large skillet; heat the oil over medium high heat. Reduce the heat to medium and gently place the crab cakes in the oil. They are ready when golden brown - usually a few minutes per side.

2 Kitchen Scoop

Lemon Caper Remoulade

¾ Cup Olive Oil Mayonnaise
 1 TB Dijon Mustard
 1 TB Lemon Juice
 1 TSP Chopped Tarragon
 ¼ TSP Hot Pepper Sauce
 1 TB Capers, drained
 1 TB Chopped Parsley

1 TB Chopped Chives
 Sea Salt and Black Pepper to taste
 Mix the mayo, mustard, lemon juice, tarragon, hot pepper sauce, capers, parsley and chives together. Season to taste with salt and pepper. Refrigerate until ready to use.

3 Clever Idea

These crab cakes make a beautiful salad! Serve them on a bed of spring greens sprinkled with salt and pepper and dressed with a little olive oil and lemon juice.

4 Cheers!

**Maison Matisco Macon-Villages
 Maconnaise, Burgundy France**
 About \$18.00

This wine is made from the Chardonnay grape, but named in the old-world fashion by the place, (Macon, MAY-Con), not by the grape. Its an affordable white Burgundy that will pair well with the almond crust of the crab cake and the zippy lemon of the Remolaude. Juicy tasting with lively acidity, its a versatile quaffer for seafood, poultry and veggies, too!