

Crab Cakes with Remoulade over Farmer's Market

Lunch

Title: Crab Cakes with Remoulade over Farmer's Market Quinoa Salad 297 Date: 1/31/2017
 Menu Cat: Lunch 200 FC CB V, D, Ve, M L/M/H L On Sample Menu Y
 Servings: 3 each cake is abt 4-5 oz DF GF SV Make It! Purple Stripe
 Prep Time: Servings Desired 6
 Cook Time: Season 1 Charter Level 10
 Made Already? Stars Make Parts Ahead? Y Pass? Y
 Charter Concerns: Excellent charter lunch! Charter Name 1: SampleWeb
 Incl in Do Aheads? IN ESOC? Y On Menu as of 2018 - 2019 2/10/2022 Charter Name 2: saccoccio
 Reg Item Y Bkr Menu Y PP Recipe PP Orig Qty Alt? Y

Quantity	Ingredient		Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
4.000 T	● Red Bell Pepper	Diced	<input type="checkbox"/> 0 .1	<input type="checkbox"/> 0	Red	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
4.000	● Green onions	finely chopped	<input type="checkbox"/> 0 .4	<input type="checkbox"/> 0	Green	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
0.500 t	● Black Pepper	freshly ground	<input type="checkbox"/> 0 .5	<input type="checkbox"/> 0	Black	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
0.500 t	● Old Bay Seasoning		<input type="checkbox"/> 0 .58	<input type="checkbox"/> 0	Old	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
0.250 t	● Salt	I usually omit, esp if panko is seasoned	<input type="checkbox"/> 0 .59	<input type="checkbox"/> 0	Saltt	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
0.600 Cup	Seasoned Panko	for the mixture	<input type="checkbox"/> 0 .6	<input type="checkbox"/> 0	Seaso	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
2.000	● Egg	Lightly beaten. 1 egg is .25 C.	<input type="checkbox"/> 0 5	<input type="checkbox"/> 0	Egg	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
4.000 T	● Mayonnaise		<input type="checkbox"/> 0 6	<input type="checkbox"/> 0	Mayon	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
21.000 Oz	● Lump Blue Crab	Not claw meat and def not Imitation crab!	<input type="checkbox"/> 0 6.1	<input type="checkbox"/> 0	Lump	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
1.000 C	Seasoned Panko	to dredge - this is an approx.	<input type="checkbox"/> 0 7	<input type="checkbox"/> 0	Seaso	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
0.660 t	● Italian Seasoning	only if panko is not seasoned, also salt to taste	<input type="checkbox"/> 0 8	<input type="checkbox"/> 0	Italian	<input type="checkbox"/> Y + i	<input type="checkbox"/> X
4.000 T	● Vegetable Oil	divided, for cooking	<input type="checkbox"/> 0 9	<input type="checkbox"/> 0	Vegeta	<input type="checkbox"/> Y + i	<input type="checkbox"/> X

Instructions

Make the remoulade. (Do this well in advance. Lasts in the fridge for about a month and you can use it on other things, so make extra!.)

You can do the following steps up to the dredging in panko the day before.

Gently Pick through crab meat so as not to break up the lumps of crab and remove any pieces of shell or cartilage.

Mix all ingredients for the cakes EXCEPT the crab and panko.

Gently fold in crab and then finally fold in panko. Folding in the panko last is the best way to distribute it evenly.

Divide crab mixture into equal portions and gently shape into 3/4-inch-thick patties. Stop here if doing this a day ahead.

When you are ready to serve...

Crab Cakes with Remoulade over Farmer's Market Quinoa Salad

Timing

Recipes

Print This Recipe

Toggle Screen Size

Sort

New Delete Find

PLAN

New Shop

MENUS

INV

PCARD

GROS

COOK

DATA

PLAN

INV



Season panko if it's not seasoned already with Italian Seasoning and salt/pepper to taste. Dredge cakes in seasoned panko. Heat a large nonstick skillet over medium-high heat.

Use a large frying pan (12") and add only 2 - 3 patties at a time so that you don't overcrowd the pan. This will give you the best crispy results.

Add 2 -3 tablespoons of oil depending on the size of your pan. Once the oil is hot, add the dredged patties. Cook 3 minutes on each side (Flipping carefully!) or until golden. Remove from pan into warming oven. Repeat procedure with the remaining crab

Notes

Delicious but expensive. Knock it out of the park first lunch. Everybody loves it.

Scratchpad

Image of Menu Item



Do Aheads Order/ Comments
Task #D Ahead /Incl in DA List

Remoulade Sauce	2	
	7	INCLUDE
Prep Quinoa Dressing	3	
	3	INCLUDE
Cook Quinoa	3.1	
	2	INCLUDE
Make Patties a Day Ahead	4	
	1	INCLUDE
Cook Brussels	5	
	0	INCLUDE
Roast Nuts	6	
	0	INCLUDE
Chop Dried Fruit	7	
	0	INCLUDE

Recipe Description




Crispy and succulent panko-coated Crab Cakes with a delicious, creamy remoulade sauce served over Farmers Market

Recipes

Print This Recipe

Toggle Screen Size

Sort

 New  Delete  Find

PLAN

New Shop

MENUS

INV

PCARD

GROS

COOK



DATA

PLAN

INV



quinoa salad with the freshest herbs and greens

Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

Alternative Meal

Last Mod 3/23/2023

Dates Served

6/10/2021

Sauces Required

Tools
