



Featuring Today's Recipe Compliments of:
Felipe Barragan of Chateau de Vie Vineyards

Dungeness Crab Cakes with Mango Salsa

Ingredients

Crab Cakes

½ cup mayonnaise
1 teaspoon Dijon mustard
Pinch of salt
Pinch of cayenne pepper
2 small shallots, chopped
1 pound Dungeness crabmeat
Half bunch of cilantro, chopped
Zest and juice of one lemon
1 cup seasoned bread crumbs
1 cup Panko bread crumbs

Mango Salsa

3 mangos
2 jalapeno chilies
2 avocados
Pinch of salt to taste
2 shallots
Half a bunch of cilantro
4 tomatoes
Juice of one lemon

Plus:

Butter
Canola oil

Crab Cakes: In a bowl, stir together the mayonnaise, mustard, salt and cayenne pepper. Stir in the cilantro and shallots. Gently fold in the crabmeat. Mix both bread crumbs in a separate bowl. Shape the mixture into eight patties, each 1 inch thick and about 2 inches in diameter. If the mixture seems too dry to hold together, add a bit more mayonnaise. Place each cake into the bread crumbs and coat evenly. Arrange on a baking sheet with wax paper and refrigerate for about an hour. Meanwhile, make the salsa.

Salsa: Dice the mangos, chilies (remove seeds if you like less heat), avocados, shallots and tomatoes. Remove stems of cilantro and rough chop. Combine all in a bowl, squeeze in lemon juice and stir. Season to taste.

To cook the crabcakes, heat a large skillet over medium heat. Melt two teaspoons of butter with two teaspoons of Canola oil. Place four crab cakes in the pan and cook until golden brown, about 3 – 4 minutes on each side. Transfer to a second baking sheet and keep in oven to keep warm until all are done.

Serve with mango salsa as a starter or add freshly dressed greens for a spicy lunch.

