

Crab Cakes with Spinach/Strawberry Salad



Fresh crabmeat is the feature of this seafood delicacy. It's flavored with toasted fennel seeds and paprika and served with a light curry white sauce. Add a fresh spinach and seasonal strawberry salad with toasted sliced almonds and you've got holiday dining with explosive flavors.

If fresh spinach is not available you can use bagged spinach.

Preparation time: 50 minutes - Serves : 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients so they are easy to add as needed. You'll need 1 C. total of chopped onion today: 2/3 C. in the crab cakes and 1/3 C. in the Curry Sauce.

Quinoa

- 1 C. dry quinoa
- 2 C. waer

Curry Sauce

- 1/2 C. low-sodium vegetable broth
- 1/4 C white wine
- 2 cloves garlic (smashed and chopped)
- 1/3 C. yellow onion (finely-chopped)
- 1 bay leaf

- 2 T. cornstarch
dissolved in
1/2 C. water

- 1/4 C. shredded Parmesan cheese.
a dash Tabasco sauce

- 1 T. lemon juice
- 1 tsp. curry powder
- 1/2 tsp. ground coriander
- 1/2 tsp. nutmeg
- 1/2 tsp. honey

- 1/2 C. plain, non-fat yogurt (stirred smooth)

Crab Cakes

- 1/2 tsp. ground fennel seed (toasted and ground)
- 1/2 tsp. coriander seed (toasted and ground)
- 1/2 tsp. fenugreek seed (toasted and ground)

- 1/2 tsp. smoky paprika
(no salt required as cooked crab has been salted)
- 1/2 tsp. black pepper

- 16 oz. fresh, cooked crab meat
- 2/3 C. yellow onion (finely-chopped)
- 1/2 C. celery (finely-chopped)
- 1/2 C. red bell pepper (finely-chopped)
- 2 T. parsley (coarsely-chopped)
- 3/4 C. bread crumbs
- 3 egg whites (slightly-beaten)
- 2 T. nonfat milk
- 1 tsp. Dijon mustard

Spinach/Strawberry/Quinoa Salad

- 3 C. (or 1 bunch) fresh spinach
(washed, stems removed)
 - 1 C. strawberries (sliced)
 - 1 C. cucumber (peeled and chopped)
 - 3/4 C. cooked quinoa
 - 1/4 C. sliced almonds (toasted)
 - 2 tsp. crumbled Gorgonzola or Blue Cheese
- Dressing:
- 2 tsp. olive oil
 - 1 T. low-sodium vegetable broth
 - 1 tsp. balsamic vinegar

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Put the quinoa on to cook to get things started. Bring the quinoa and water to a boil. Cover, turn off heat and leave on the stovetop for 20 minutes. Assemble the crab cakes first thing and refrigerate them until you're ready to cook them.

Crab Cakes

1. Toast fennel, coriander, fenugreek seeds with black peppercorns in a small dry sauté pan until seeds start to pop and turn brown. Remove from heat, cool slightly and grind. Add paprika. Set aside.
2. Mix Crab, all prepped ingredients and breadcrumbs in a large bowl. Whisk egg whites, milk and mustard together in a separate bowl. Whisk spices into egg/milk mixture. Pour liquid over dry ingredients and mix thoroughly.
3. Form crab cake mixture into 2-1/2" patties (about 1/3 C. each) and set aside in the fridge on a cookie sheet covered by a piece of parchment paper.
4. When ready to cook, Bake for 15 minutes in a preheated 375° oven. Allow to cool for 5 minutes before serving.

Curry Sauce

1. Measure broth, wine, garlic and onion and bay leaf into a medium saucepan. Bring to a boil and cook 1 minute.
2. Slowly add cornstarch dissolved in water. Return to heat and keep stirring as it thickens. Reduce heat to low and continue stirring until boil settles down (about 2 minutes). Add cheese and Tabasco. Cover and turn off heat. Leave pan on burner for 10-15 minutes.

Measure 3/4 C. of basic white sauce and store remaining sauce in the fridge. Add lemon juice, ground coriander, curry powder and nutmeg to the sauce. Return to boil after adding spices. Then remove from heat. Just before serving reheat to boiling, remove from heat and add 1/2 C. plain, nonfat yogurt and honey Stir well.

Spinach /Strawberry/Quinoa Salad

1. Shake oil, broth and vinegar in a small jar with a tight-fitting lid.
2. Break large spinach leaves into a large bowl. Add sliced strawberries and cucumber and 3/4 C. cooked quinoa. Gently toss.
3. Garnish top of salad with toasted almonds and blue or Gorgonzola crumbles.

Plate the meal

Spoon 1/4 C. curry sauce onto each dinner plate. Place 3 patties over sauce. Drizzle about 1 T. additional sauce over patties. Fill the rest of the plate with salad.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com