



## INGREDIENTS

### CRUMBS

2 cups of Panko bread crumbs

½ TSP of kosher salt

½ TSP of herbs de Provence

### MOUSSE

1 cup of cubed skinless salmon

1 TBSP of minced garlic

1 TBSP of fresh chopped dill

2 egg whites

Season with sea salt & pepper to taste

### CRAB CAKES

1 Lb. of fresh crab meat

1/2 cup of diced yellow bell pepper

3 TBSP of clarified butter



## CRAB CAKES WITH CREAM OF CORN & STRING BEANS

By Caterina Romano's Kitchen

## DIRECTIONS

1. Process the bread crumbs in a food processor until very fine. Set aside.
2. In a food processor, combine the salmon, garlic, dill, egg whites and seasoning. Mix until all ingredients combine and create a mousse. Set aside.
3. In a large glass bowl, combine the crab and bell pepper mixture with the mousse. Mix until well coated.
4. Using a ½ cup scooper, fill the scooper and transfer it to a 3" cookie cutter. Press down to form the cake and remove the cookie cutter.
5. Place the crab cake in the Panko bread mixture until totally coated. Transfer to a baking sheet.
6. Refrigerate the crab cakes for a minimum of 2 hours.
7. In a large non-stick pan, heat the clarified butter. Sauté the crab cakes until golden brown on one side.
8. Turn them over and cook for 2-3 minutes.
9. Preheat the oven to 375 DF.
10. Transfer the cookie sheet to a baking tray lined with parchment paper.
11. Bake for 8-10 minutes or until the internal temperature reaches 140 DF.

**ENJOY THE CRAB CAKES**