



## **CRAB CAKES WITH LEMONGRASS VADOUVAN NAGE**

### **MISE EN PLACE**

- Bring a large pot of water to the boil, if you are planning to cook live crabs.

### **SHOPPING FOR YOUR CLASS**

- Vadouvan spice blend is available at Silk Road Spices - <https://silkroadspices.ca/products/vadouvan>

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## **CRAB CAKES WITH TOSTONES & CARROT FENNEL SLAW** *(serves 4)*

Recipe by SPENCER THOMPSON

*2 lbs of whole live crabs (this should yield roughly 4-6 ounces of crab meat, you could also just use 6 ounces of canned crab meat)*

*8 oz yukon gold potato & 1.5 cups of salt for roasting them*

*1 tbsp horseradish cream (or freshly grated horseradish)*

*1/2 cup creme fraiche (or substitute sour cream)*

*4 eggs*

*2 cups panko breadcrumbs*

*1 cup all-purpose flour*

*1 cup milk*

*Juice and zest of 2 lemons*

*1 bunch Italian parsley, chopped*

*1 small container chives, chopped*

*1 small bunch of dill, chopped*

*1 shallot, brunoise*

*1 green plantain*

*Salt and pepper*

*Grapeseed or canola oil for pan frying the crab cake*

*To serve: Lemongrass Vadouvan Nage*

### Carrot Fennel Slaw

*1 carrot*

*1 fennel bulb*

*20 ml extra virgin olive oil*

- Preheat your oven to 400 F.
- Line a roasting tray with the salt, then place the potatoes on top of the salt and cover with tin foil. Bake the potatoes in the oven until cooked/tender. Cool, peel and grate the potatoes.
- Mix the grated potatoes with the horseradish, lemon juice and zest, creme fraiche (or sour cream), chopped herbs and shallots, 1 egg and 1/2 a cup of panko breadcrumbs.
- Season with salt and pepper. Once the potatoes are properly seasoned, gently fold in the crab meat.
- On a parchment lined baking sheet press the mixture into crab cake sized patties and pop them into the freezer to help firm them up before the breading process.
- Set up three bowls for a breading station.
- Season the remaining 1.5 cups of panko with breadcrumbs in a bowl.
- Place the flour into one bowl.
- Mix together three whole eggs and the milk in the third bowl.
- Coat the crab cakes in the flour, then coat them into the egg/milk mixture and then into the breadcrumbs.
- Next slice the plantain into 2" slices.
- Heat a large heavy pan and add an inch of oil to cover the bottom of the pan.
- Once the oil is hot and shimmering, fry the plantain slices in the oil, remove them, cool slightly and press them into little "tostones" (pancakes). Fry them again, remove from the oil and season with salt.
- Fry the crab cakes until golden brown, place onto a baking tray and heat through in the oven.
- Peel the carrots into ribbons for the slaw and thinly slice the fennel. Dress with olive oil salt and the juice of a half a lemon

### **PLATING**

Place the slaw into your bowl, top with the plantain tostones, then the crab cake. Pour in the coconut lemongrass broth and enjoy!

### **LEMONGRASS VADOUVAN NAGE**

Recipe by SPENCER THOMPSON

*2 ounces canola oil*

*1 large onion julienned*

*2-inch knob of ginger, peeled and sliced*

*1 stalk lemongrass*  
*4 cloves of garlic, peeled and sliced*  
*1 Granny Smith apple, sliced*  
*1 tbsp Vadouvan or Madras curry spice*  
*2 kaffir lime leaves*  
*1/2 tsp chili flakes*  
*1 cup white wine*  
*1 can of coconut milk (we use Aroy D)*  
*2 limes*

- Toast the lemongrass on a grill or in your oven until fragrant. Chop with a heavy knife into 2" pieces
- In a heavy bottomed pot over a high heat, sauté the onions, garlic, apple, ginger and lemongrass until softened.
- Add the chili flakes, kaffir lime leaves and curry spice, toasting until fragrant.
- Deglaze with the white wine.
- Add the shells from the crab, if you are working with a live crab (this sauce is still delicious without the crab shells!)
- Reduce the wine by half, add the coconut milk and lower the heat to medium high then reduce by half, seasoning with salt and pepper.
- Once reduced, strain the sauce and reserve the liquid. Add the fresh lime juice and adjust seasoning with salt.

## **EQUIPMENT**

Cutting boards and knives  
Measuring cups and spoons  
Mixing bowls  
Roasting tray for potatoes  
Sheet pan  
Large pot for cooking crabs (if using live crabs)  
Large heavy pan for tostones and crab cakes  
Foil  
Parchment paper