



Crab Cakes With Thai Sweet Chili Sauce & Marinated Cucumber

READY IN



60 min.

SERVINGS



8

CALORIES



805 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon allspice
- 0.3 cup celery diced finely
- 1 tablespoon chives chopped
- 1 cup crab meat picked over drained well
- 1 cucumber shaved sliced (or thinly on mandoline)
- 1 eggs
- 0.5 ounce ginger fresh minced
- 0.3 ounce garlic minced

- 0.5 teaspoon garlic minced
- 1 tablespoon ground cardamom
- 4 fluid ounces cup heavy whipping cream
- 0.5 juice of lemon
- 2 fluid ounces juice of lime fresh
- 0.5 cup mayonnaise
- 0.3 onion diced finely
- 1.5 cups panko bread crumbs as needed (or bread crumbs)
- 0.3 bell pepper diced red
- 12 fluid ounces rice wine
- 12 fluid ounces rice wine
- 12 fluid ounces rice wine
- 0.3 cup salt
- 8 servings salt and pepper black
- 8 servings salt and pepper white
- 0.5 cup sugar
- 0.3 teaspoon all the tabasco sauce you handle
- 2 fluid ounces chilli sauce sweet
- 0.3 teaspoon thyme leaves
- 12 fluid ounces butter unsalted cold cut in chunks
- 0.5 quart vinegar white
- 0.5 fluid ounce citrus champagne vinegar
- 1 teaspoon worcestershire sauce

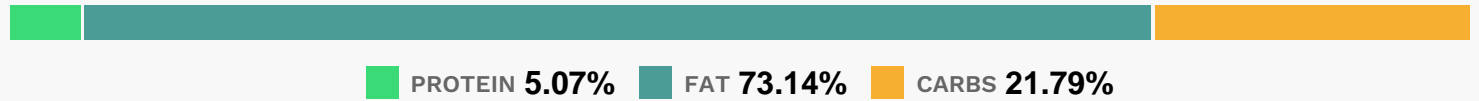
Equipment

- frying pan
- paper towels
- sauce pan
- whisk

Directions

- CRAB CAKES.
- Mix all ingredients well and adjust seasoning to taste. Use icecream scoop to shape into cakes; bread with panko crumbs.
- Place cakes on sheet pans sprinkled with dry panko crumbs; wrap tightly and store in the refrigerator until ready to cook.**THAI SWEET CHILI SAUCE.**In a heavy sauce pan over medium high heat, combine ginger, garlic, vinegar, lime juice and sake. Reduce to a light syrup (90%), add cream and reduce to 60% over medium heat, being careful not to scorch. Reduce heat to low and gradually whip in the cold butter chunks.
- Whisk in chili sauce, salt and pepper.**MARINATED CUCUMBERS.**
- Mix all the ingredients together bring to a boil, remove from heat and chill.**ASSEMBLY.**
- Saute crab cakes in a non stick saute pan until golden on each side and heated through; drain on paper towels.Arrange crab cakes on plate, drizzle with chili sauce.Pile high with marinated cucumbers, sprinkle with chopped chives; or alternately serve the marinated cucumbers beside the crab cakes on the plate.

Nutrition Facts



Properties

Glycemic Index:57.64, Glycemic Load:9.26, Inflammation Score:-8, Nutrition Score:13.238695745883%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 804.66kcal (40.23%), Fat: 53.35g (82.08%), Saturated Fat: 28.19g (176.2%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 34.22g (12.44%), Sugar: 18.56g (20.62%), Cholesterol: 147.23mg (49.08%), Sodium:

4384.64mg (190.64%), Alcohol: 21.42g (100%), Protein: 8.32g (16.65%), Vitamin B12: 2.09µg (34.9%), Vitamin A: 1598.89IU (31.98%), Vitamin K: 32.22µg (30.69%), Manganese: 0.46mg (23.03%), Selenium: 15.9µg (22.72%), Vitamin C: 13.91mg (16.86%), Copper: 0.31mg (15.35%), Phosphorus: 125.96mg (12.6%), Vitamin E: 1.82mg (12.13%), Zinc: 1.81mg (12.05%), Vitamin B1: 0.15mg (10.13%), Folate: 38.5µg (9.63%), Magnesium: 37.44mg (9.36%), Vitamin B2: 0.15mg (8.91%), Calcium: 88.67mg (8.87%), Iron: 1.39mg (7.72%), Potassium: 261.43mg (7.47%), Vitamin D: 1.04µg (6.93%), Vitamin B6: 0.13mg (6.42%), Fiber: 1.55g (6.18%), Vitamin B3: 1.16mg (5.81%), Vitamin B5: 0.48mg (4.75%)