



Lemongrass Crab & Scallop Cakes with a Spicy Cucumber Dipping Sauce

READY IN



360 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup chives minced
- ☐ 6 servings cilantro leaves (as garnish)
- ☐ 2 lemon zest
- ☐ 12 ounce lump crab meat
- ☐ 6 servings mint leaves (as garnish)
- ☐ 0.5 cup panko breadcrumbs
- ☐ 0.3 cup vegetable oil; peanut oil preferred

- ☐ 0.3 teaspoon pepper flakes red crushed to taste
- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon sea salt
- ☐ 12 ounce sea scallops
- ☐ 1 large shallots minced
- ☐ 0.3 cup sugar
- ☐ 1 cup water
- ☐ 0.3 cup vinegar white

Equipment

- ☐ bowl
- ☐ frying pan

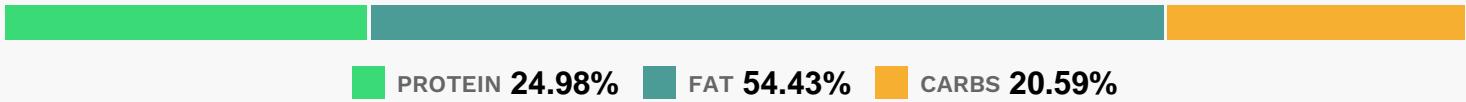
Directions

- ☐ Remove the tough muscle on the side of the scallops and cut the scallops into ¼-inch dice.
- ☐ Combine the scallops and crab meat in a large bowl.
- ☐ Remove the tough outer layers from the lemongrass, mince about 2 teaspoons of the light colored interior.
- ☐ Add the Panko, chives and eggs to the bowl with the seafood. Season the mixture with the salt and pepper. Gently mix to incorporate using a folding motion. The best crab cakes are difficult to work with because the mixture should just barely hold together. So don't over-mix or add more breadcrumbs because the cakes will hold their shape when cooked. For the dipping sauce: Bring the 1-cup water to a boil and add the sugar and sea salt, swirling the pan to dissolve.
- ☐ Add the vinegar, chilis, shallot, and cucumber. Stir to mix the ingredients and refrigerate until ready to use. Form the scallop and crab mixture into 18 cakes that are about 2 to 3 inches in diameter.
- ☐ Heat a large sauté pan over medium-high heat and add the peanut oil and butter. As soon as butter melts, add the cakes and sauté until just golden and barely cooked through, about 2 to 3 minutes on each side. Be careful not to overcook, and cook in batches if necessary to avoid crowding the pan.
- ☐ Serve 3 cakes per plate along with the spicy cucumber dipping sauce.

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Garnish each plate with cilantro and mint.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:6.01, Inflammation Score:-5, Nutrition Score:14.820869528729%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 293.27kcal (14.66%), Fat: 17.62g (27.11%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 15g (5%), Net Carbohydrates: 14.27g (5.19%), Sugar: 9.09g (10.1%), Cholesterol: 57.76mg (19.25%), Sodium: 1379.71mg (59.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.39%), Vitamin B12: 5.94µg (98.93%), Selenium: 29.45µg (42.07%), Phosphorus: 329.23mg (32.92%), Copper: 0.57mg (28.45%), Zinc: 4.03mg (26.83%), Magnesium: 45.94mg (11.48%), Vitamin E: 1.68mg (11.21%), Folate: 44.31µg (11.08%), Vitamin C: 8.2mg (9.93%), Vitamin A: 399.33IU (7.99%), Potassium: 274.35mg (7.84%), Vitamin B6: 0.16mg (7.8%), Vitamin B3: 1.41mg (7.06%), Manganese: 0.12mg (5.75%), Vitamin B1: 0.08mg (5.55%), Iron: 0.97mg (5.38%), Calcium: 51.69mg (5.17%), Vitamin K: 5.04µg (4.8%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.39mg (3.87%), Fiber: 0.72g (2.9%)