



## COOKING CLASSES

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### SuperBowl 2010!!

#### Crab Cakes With Chipotle Sauce

##### Sauce

- ¾ cup mayonnaise
- Zest of one lime
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped roasted peppers packed in jar
- 3 teaspoons minced canned chipotle chilies, plus 1-2 teaspoons adobo sauce\*
- 3 tablespoons chopped cilantro

##### Cakes

- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons light mayonnaise
- 2 teaspoons Dijon mustard
- 1 teaspoon Old Bay seasoning
- ½ teaspoon Worcestershire sauce
- 2 egg whites, lightly beaten
- 2 teaspoons grated lime zest
- 1 pound lump crabmeat, drained and shell pieces removed
- 1½ cups panko (Japanese breadcrumbs), divided
- 1 tablespoon olive oil, divided
- Cooking spray

##### For Sauce:

Mix all ingredients in food processor, whiz until combined. Cover and refrigerate until ready to use.

##### For Cakes:

To prepare crab cakes, combine first 8 ingredients in a medium bowl. Gently fold in crabmeat. Gently stir in ¾ cup panko. Cover and chill 30 minutes.

2. Divide crab mixture into 8 equal portions (about ½ cup each); shape each into a ¾-inch-thick patty. Place remaining ¾ cup panko in a shallow dish. Working with 1 patty at a time, dredge in panko. Repeat procedure with the remaining patties and panko.

3. Heat 1½ teaspoons oil in a medium nonstick skillet over medium heat. Coat both sides of crab cakes with cooking spray. Add 4 crab cakes to pan; cook 7 minutes. Carefully turn cakes over; cook 7 minutes or until golden. Repeat procedure with remaining 1½ teaspoons oil, cooking spray, and remaining 4 crab cakes.

*Serves 6*