

# ingles

## *Cooking with Class*



### *Crab Cakes with Jalapeno Lime Aioli Sauce ( 4 servings)*

#### Ingredients:

½ cup onion, minced  
½ cup celery, minced  
½ cup red bell pepper, minced  
1 Bay leaf  
1 lemon, juiced  
2 tsp Worcestershire sauce  
1 tsp fresh thyme  
1 cup sherry  
1 TBSP olive oil  
salt & pepper

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1# crab meat  
1 egg white  
½ cup mayonnaise (reduced fat/light may be used)  
2 cups coarse bread crumbs  
(optional: 1 cup olive oil, for cooking)

**Method:** Saute onion, celery and pepper in small amount of olive oil for 5-7 minutes until they turn translucent, then add the rest of the ingredients (bay leaf through salt and pepper). Simmer until liquid has evaporated and set aside to cool.

In a bowl whisk egg white until frothy, fold in mayonnaise and then fold in vegetable mixture and finally the crab meat (do not mash crab meat). Add 1 cup of bread crumbs and mix lightly. Reserve the other cup of bread crumbs for the outside of the cakes. Put crab cake mixture in fridge for 30 minutes. Portion into desired sized cakes and sprinkle bread crumbs on crab cakes. Heat olive oil in non stick skillet over medium heat and sauté cakes for 2 ½ minutes on each side:

**Nutrition information:** Makes 4 servings : 537 calories; 18 grams fat; 51 grams carbohydrates ( this does not include the 1 cup olive oil!)