

CRAB CAKES



PREP TIME
15 minutes

COOK TIME
15 minutes

READY IN
30 minutes



SERVINGS
4

FOREST INGREDIENTS
Dungeness Crab
Pickled Beach Asparagus
Kelp Salsa
Bull Whip Sauce

Ingredients

- 4 cups cooked Dungeness crab meat
- 3 Eggs
- ½ Cup diced white onion
- 1/3 cup diced yellow pepper
- 1/3 cup diced red pepper
- 1/3 cup diced pickled beach asparagus
- 3/4 tsp Johnnies Seasoning

Steps

- Clean crab meat and set aside.
- In a bowl crack and whisk up 3 eggs.
- Dice up the peppers, onions and pickled beach asparagus.
- Combine the crab meat and diced vegetables in a large bowl, pour whisked eggs over and add seasoning.
- Mix in the crushed yellow corn chips.
- In a large frying pan over medium high heat, spray with olive oil.

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Dash Cayenne pepper
1 cup crushed yellow corn chips
Sour Cream
Barnacle's Kelp Salsa
Barnacles Bull Whip Sauce

- Using a large spoon, spoon the crab mixture into 1/3 cup size patties in the frying pan.
- Cook 3-4 minutes on each side, or until the crab mixture is cooked through
- Serve hot, top with sour cream, kelp salsa and hot sauce.

Notes

If your crab meat is cleaned prior to dinner prep, this can be a quick dinner. To use this recipe as an appetizer, make the crab cakes smaller and dollop with sour cream, salsa and hot sauce,



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