

**BLUE CRAB CAKES WITH FRESH SALSA**

Yield: 15-2oz cakes or 30 servings

2 pounds Blue crab meat  
 6 oz heavy cream  
 ½ cup Red Bell Peppers, small dice  
 ½ cup Green Bell Peppers, small dice  
 Clarified butter, as needed  
 2 Stalks Green Onions, sliced  
 6 oz bread crumbs  
 Salt & pepper, to taste  
 2 tablespoons Dijon mustard  
 Worcestershire sauce, to taste  
 Tabasco sauce, to taste  
 2 eggs, slightly beaten  
 1 qt Tomato Salsa (see recipe)

- 1.- Carefully pick through the crabmeat, removing all pieces of shell. Keep the lumps of crab meat as large as possible. Place the cream in a saucepan and bring to a boil. Reduce by approximately one half. Chill the cream well.
- 2.- Sauté the red and green peppers in a small amount of clarified butter until tender.
- 3.- Combine the crabmeat, reduced cream, peppers, green onions and approximately 3 ounces of the breadcrumbs along with the salt, pepper, Dijon mustard, Worcestershire sauce, Tabasco sauce and eggs. Mix to combine all ingredients, trying to keep the lumps of crab meat intact.
- 4.- Using a mold, form the crab mixture into cakes and the desired size.
- 5.- Place the remaining breadcrumbs in an appropriately sized baking pan. Place the crab cakes, a few at a time, in the pan and cover with the breadcrumbs. To help them adhere, press the crumbs lightly into cakes.
- 6.- Heat a sauté pan over moderate heat and add enough clarified butter to cover the bottom approximately ¼ inch deep. Add the cakes to the pan and cook until done, turning once when the first side is nicely browned. Remove and drain on absorbent paper.
- 7.-Serve the crab cakes with fresh tomato salsa.

Approximate 2 oz servings-1 cake

Calories: 130, Total Fat: 6g, Saturated fat: 3.5g, Cholesterol: 60mg, Sodium: 650mg, Total Carbohydrates: 9g  
 Protein: 10g, Vitamin C 15%

**FRESH SALSA (Pico de Gallo)**

Yield: 1 Qt (64 servings)

10 Tomatoes, seeded, small dice (Plum tomatoes are best)  
 2 bunches Green Onions, sliced  
 6 Garlic cloves, minced  
 1 bunch of Cilantro, chopped  
 6 Jalapenó peppers, chopped fine  
 4 ounces of lemon juice (½ cup)  
 1 teaspoon Cumin, ground Salt & pepper, to taste

Combine all ingredients and gently toss. Adjust seasonings and refrigerate.

Approximate 1 oz servings

Calories: 5, Total fat: 0g, Saturated fat: 0g, Cholesterol: 0g, Sodium: 30mg, Total carbohydrates: 1g  
 Protein: 0g. Claims: fat free, very low sodium, low calorie

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