

10. 'Not so Crabby' Vegan Crab Cakes with Remoulade Sauce

Makes 9

Crab Cakes

Ingredients

- 1 pound drained hearts of palm
- 1/3 cup crushed vegan crackers
- 3 scallions (green and white parts), finely chopped
- 1/2 cup finely diced red bell pepper
- 1/4 cup vegan 'Just Mayo' mayonnaise
- 2 tablespoons wholegrain mustard
- 1 tablespoon flaxseed meal
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- Pinch cayenne pepper
- 1/2 cup olive oil
- 1 cup finely crushed vegan crackers

Method

In large bowl, shred hearts of palm.

Add in 1/3 cup vegan crackers, scallions, red bell pepper, mayonnaise, mustard, flaxseed meal, lemon juice, garlic powder, salt, and cayenne pepper. Mix until just combined.

Using your hands or a 2-ounce ice-cream scoop, form a ball, then a patty. Dredge both sides of crab cake in finely crushed vegan crackers and place on sheet pan lined with parchment paper. Refrigerate for 30-40 minutes.

Heat oil in large skillet over medium heat, then add crab cakes in small batches and cook until browned on both sides, 4-5 minutes.



Cucumber Salad

Makes 3 servings

- 2 pounds cucumbers, peeled, deseeded, and julienned
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

In large bowl, combine julienned cucumbers, olive oil, salt, and pepper. Toss until coated, then refrigerate until needed.

Herbed Remoulade Sauce

Makes 1 cup

- 3/4 cup vegan 'Just Mayo' mayonnaise
- 1 tablespoon whole-grain mustard
- 1 teaspoon red wine vinegar
- 1/4 teaspoon hot sauce
- 2 tablespoons scallions, finely chopped
- 1 tablespoon parsley, finely chopped
- 2 teaspoons capers, finely chopped
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Combine all ingredients in a large mixing bowl and whisk until thoroughly blended. Refrigerate until needed.

To Serve

Place three plates on flat surface, and put a bed of julienned cucumber salad on each.

Place one crab cake on each bed of cucumber salad, and dollop each crab cake with 1 teaspoon herbed remoulade sauce.

