

Crabcakes with Cayenne Mayonnaise

Nassau Inn - Princeton, NJ

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

Yield: 18 cakes

*1 pound lump crabcake, picked over
1 red bell pepper, roasted, peeled and
diced*

*1 ear fresh corn, cooked and kernels
removed*

1/2 bunch cilantro, chopped fine

1 clove garlic, minced

6 tablespoons Dijon mustard

6 tablespoons cornmeal

flour (for dredging)

peanut oil (for frying)

5 fresh figs (for garnish), split in half

1 package enoki mushrooms

*10 long chives (for garnish), 10 to 12
inches long*

CAYENNE MAYONNAISE

1 cup mayonnaise

*1 tablespoon Cayenne pepper (or to
taste)*

*1 tablespoon Tabasco sauce (or to
taste)*

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Make the Cayenne Mayonnaise: in a bowl, combine the mayonnaise, Cayenne pepper and Tabasco sauce. Mix well. Refrigerate.

In a bowl, combine the crabmeat, red bell pepper, corn, cilantro, garlic, Dijon mustard and cornmeal. Gather about 1/3 cup of the mixture into the hands and form a cake about 1-1/2 inches in diameter, pressing tightly to squeeze out the moisture. (These eggs have no egg and little binder, so the pressing is important to hold them together.)

Dredge each cake in flour. Put one inch of peanut oil into a large frying pan. Heat almost to the smoking point. Add the cakes, a few at a time, and sear quickly on each side. (This whole operation takes little time, 1 or 2 minutes per side.) Put aside and keep warm. Makes about 18 cakes.)

To garnish the plate: put the cayenne mayonnaise into a "ketchup style" squeeze bottle. Pipe seven straight lines of mayonnaise completely across the plate, from top to bottom, approximately 1/2-inch apart. Turn the plate ninety degrees and pipe seven more lines across the plate just as before to form a lattice pattern. Place three fried crabcakes in the middle of the plate on top of the mayonnaise. Place five to six enoki mushrooms in the center of the crabcakes so they are standing straight up. Place two long chives also in the center of the crabcakes as if they were sprouting. Place two fig halves on either side of the crabcakes.

Per Serving (excluding unknown items): 62 Calories; 1g Fat (14.0% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 191mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	62	Vitamin B6 (mg):	.1mg
% Calories from Fat:	14.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	17mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0 0%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	191mg	Vegetable:	0
Potassium (mg):	120mg	Fruit:	0
Calcium (mg):	18mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	40mg		
Vitamin A (i.u.):	1237IU		
Vitamin A (r.e.):	123 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 62 Calories from Fat: 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	191mg	8%
Total Carbohydrates	12g	4%
Dietary Fiber	2g	8%
Protein	2g	
Vitamin A		25%
Vitamin C		66%
Calcium		2%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.