



Vegetarian Crab Cakes

Here is a great recipe using hearts of palm, which has the texture of crabmeat. While the mouth feel is perfect with shards of “crab texture”, the hearts of palm lack the taste of the sea. However, brining the hearts of palm with a touch of sea salt and seaweed imparts a seafood taste. Not using real crab meat, makes this recipe sustainable and much cheaper. It can be made vegan as well.

Crab Cake Ingredients:

- 1 15-ounce can whole hearts of palm, drained and thinly sliced (see recipe below to create the shard texture)
- 2t sea salt
- 1 package 1.8 oz. dried seaweed, Kombu
- 3 cups of spring water, not tap water
- 2 cups frozen corn or fresh 3 ears of corn
- ¼ cup minced red onion
- ¼ cup chopped green bell pepper
- 2t Old Bay seasoning
- 2T chopped Italian parsley
- 1/3 cup bread crumbs plus more for coating
- ¼ cup reduced fat mayonnaise or vegan mayonnaise
- 2t stone ground mustard
- ¼ t pepper
- 1t Piment d’Espelette or paprika

Remoulade sauce:

½ cup reduced fat mayonnaise combined with ½ cup ketchup.

Add 1/2 t Siracha sauce for a spicy flavor

Cooking Directions:

- Prepare the hearts of palm by slicing length-wise (a mandolin works well for this)
- Cut strips into 1” slices; then place into bowl of spring water.
- Using your hands, shred the strips into shards and add sea salt and the Kombu.
- Set bowl aside and let it brine for at least one hour; then drain and discard the Kombu.
- In a medium non-stick sauté pan, add the corn with the onion and bell pepper. Cook until the corn slightly begins to brown.
- Remove from heat and with a food processor, add ½ of the corn mixture and puree.
- In a large bowl, combine the puree, remaining corn mixture, Old Bay seasoning, mayonnaise, parsley, mustard, and peppers. Add the hearts of palm and bread crumbs.
- Compress mixtures and shape into 8 cakes, approximately 2” in diameter.
- In a small pan, add the remaining bread crumbs and dredge each cake, coating completely all sides.
- In a large baking sheet lined with parchment, lay each cake onto the baking sheet. Preheat oven to 350° F. Bake until golden brown, about 30 to 45 minutes, turning over in 20 minutes to insure browning on all sides.
- Serve with the Remoulade sauce

Makes approximately 8 servings.