

SO MUCH TO SEA...

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Crab cakes

Recipe by James Martin

Makes 8-10 fish cakes

Ingredients:

50g celery (finely chopped)

50g onion (finely chopped)

1 tablespoon vegetable oil

500g of brown and white crabmeat

50ml mayonnaise

2 tablespoons parsley (finely chopped)

2 tablespoons melted Shetland butter

150g fine white breadcrumbs

a dash of Worcester sauce and Tabasco sauce

salt and fresh ground pepper

Method:

Warm the oil in a frying pan and gently sauté the celery and onion for two minutes. Allow to cool slightly.

Mix together the crabmeat, mayonnaise, parsley, butter and sauces. Season to taste.

Add enough breadcrumbs to hold the mixture together and form into cakes approx 6cm and 2cm thick.

Shallow fry in hot vegetable oil until browned on both sides.

Drain on kitchen roll and serve with some mayonnaise or aioli and a slice of lemon.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust