

Fragrant Crab Cakes

- Crab meat: I had one full prepared crab and 6 crab claws
- 600g sweet potato, diced
- 2" chunk of fresh ginger
- 1" chunk of fresh turmeric, or a tsp. of ground
- 2 garlic cloves
- 1 tsp garam masala
- 2 tbsp. finely chopped coriander
- ½ tsp. fish sauce
- 2 tbsp. breadcrumbs
- 1 tsp sea salt
- Juice of half a lemon
- Breadcrumb coating:
- 2/3 tbsp. golden breadcrumbs
- 2/3 tbsp. plain flour
- 1 egg, whisked
- Coconut oil for frying

First carefully remove all the crab meat from the shells. Take the full crab, break off the legs and claws, turn over the body and scoop out all the brown and white meat into a bowl. With a rolling pin bash, the claws to open the shells and carefully remove the meat. I liked to keep the claws in one piece and the meat chunky rather than all broken up if you can.

Squeeze the lemon over the crab then pop back into the fridge until later.

Boil potatoes in salted water until soft, then mash up. Do not add any milk or butter you want these to be fluffy not creamy. Set aside to cool.

Grate the garlic cloves, add the salt and bash up until it creates a paste.

Grate the turmeric and ginger together then chop them up to be a puree.

Add the garlic and the ginger/turmeric mix to the cold potatoes, along with the garam masala, coriander, and fish sauce. Mix well. Taste this mixture to see if it needs more salt.

Now carefully mix in the crab trying not to break it up too much, it is nice to bite into these cakes and have chunky pieces of crab.

To make the cakes I first made equal balls of the mix, I made 8 even balls. Then form them into a fish cake like shape. Place onto a tray lined with grease proof paper, cover with cling film and pop back into the fridge for 25 minutes, or until ready to cook. This will make them more solid. (I made mine in the morning and cooked them for dinner.)

Place the flour, breadcrumbs, and egg into 3 separate bowls. Whisk the egg.

One by one coat the crab cakes in flour, shaking off any excess, then dip into the egg, then into the breadcrumbs making sure all sides are covered.

Pop back onto the baking tray and continue to breadcrumb all cakes.

To cook heat the oven to 200 degrees. Place a heap spoonful of coconut oil in a good frying pan, let it heat up then start to brown the crab cakes in batches, add around 3/4 to the pan at a time and cook both sides until a golden colour, then place back onto the baking sheet.

Once you have browned all cakes pop them in the oven to heat through, this should take another 10 minutes.

Serve up with some salad and dips. They go well with my Chilli jam, check out my recipe.