

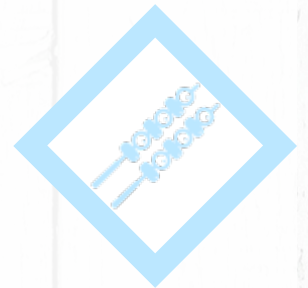
~ Menu Applications ~

Bring the seaside to your table with Breaded Crab Cakes

Whether you want to treat your residents to a seaside dinner party or thrill them with a traditional favourite, our breaded crab cake is the perfect item. Made from high quality blue swimming crab, this convenient and labour saving item can be used in a variety of ways.

Appetizers

- Our Ocean Jewel Breaded Crab Cake is delicious as is! Simply thaw, divide into smaller portions and cook. Serve with your favourite sauce and side.
- Stuffed mushrooms are an all-time favourite and our breaded crab cake just made it easier to prepare. You can add your favourite ingredients to our crab cake mixture or use on its own, either way it's the perfect filling!
- Stimulate your appetite with breaded crab cakes served in a phyllo cup. Add our bistro shrimp or lobster meat to take this tasty appetizer to the next level.



Lunch

- Looking for a new way to serve crab cakes? Why not pair it with a delicious cherry tomato and basil bake, your favorite potato wedge and a curry dip for something outside of the ordinary.
- Everyone loves eggs, hash browns and bacon. Transform your traditional potato hash by adding broken crab cake pieces for a mouthwatering alternative. Top with a fried egg and serve.
- Keep it traditional. Simply sear our breaded crab cake and serve on a bed of mixed greens and top with a peach salsa.



Dinner

- Our breaded crab cake is one of the most versatile products on the market today! Use it as a topping or stuffing with any white fish fillet. Put your own flare on your meal by adding our bistro shrimp, lobster meat or any of your favourite ingredients.
- Looking for an alternative to beef wellington? How about a crab cake wellington? Wrap thawed crab cake mixture with puff pastry, bake and top with a rose sauce. Serve with your choice of cooked vegetable.
- Tomatoes stuffed with meat and rice first originated in Turkey, Iran, Greece, France and Italy and is still enjoyed by many today. For something different, substitute the meat and rice filling with our breaded crab cake mixture. Crab cake stuffed tomato with a parmesan herb crust is a flavourful menu addition that will be enjoyed by all.



Breaded Crab Cakes

Ocean Jewel breaded crab cakes are handmade using premium quality Blue Swimming Crab Meat. They come in convenient 3oz, IQF portions to save operators time and are easy to cook; saute, oven bake or deep fry.



Product Codes:
2 x 5 lb format - SF04151



~ Recipes ~

SEARED CRAB CAKE SERVED WITH CHERRY TOMATO AND BASIL BAKE AND CREAMY CURRY DIP (Serves 25)

25 pc 3 oz Crab Cakes, defrosted
 4 3/4 cups cherry tomatoes, halved
 1.5 cups green onions
 3 tbsp olive oil
 1/2 cup salt free & sugar free sweet basil tarragon mix
FOR CURRY MAYO DIP:
 1/2 cup mayonnaise
 1.5 cups Greek yogurt
 2 tbsp lemon juice
 1/2 cup curry powder
 1 tbsp black pepper

- Preheat a convection oven to 375°F.
- Place defrosted crab cakes on a parchment lined baking sheet. Spray with oil or cooking spray on both sides.
- Cook in the convection oven for 17-22 mins or until browned. Ensure internal temp reaches of the crab cakes reaches 165°F/74°C. (Note: cook close to service to ensure they don't dry out while holding).
- For the Tomato bake: In a heavy bottomed pot over medium heat, add olive oil and tomatoes. Cook for 7-12 mins.
- Add green onions and basil tarragon mix or other seasoning mix. Cook for another 4-6 mins. Reserve until service.
- For the Curry mayo, place all ingredients in a bowl and whisk. Make at least 45 mins before serving.
- Serve crab cakes with the cherry tomato bake and creamy curry dip. Potato wedges are a perfect side.

CRAB CAKE HASH WITH PEPPERS, BACON, POTATO AND FRIED EGG (Serves 25)

25 pc 3 oz Crab Cakes, defrosted
 1.5 cups white onion, diced
 1.5 cups red bell pepper, diced
 4.5 cups potato, diced
 2 cups bacon, raw, diced
 2 tbsp olive oil
 3 cups cheddar cheese, shredded
 1.5 cups green onion, chopped finely
 2 tbsp paprika
 2 tbsp black pepper
 25 eggs, whole, medium size

- Preheat a convection oven to 375°F.
- Break thawed crab cakes into small pieces so that they can be cooked as a "hash".
- In two 2" parchment lined hotel pans add crab cake pieces, onions, peppers, potato, olive oil, and bacon. Cook for 5 mins.
- Open oven and stir the items in both pans. Return to oven and cook another 10 mins until bacon is cooked and crab cake pieces are crispy. Reserve.
- Closer to service, add paprika, black pepper, and green onions. Cook for another 5 mins.
- Add cheese to the hash mixture just before serving to melt, 3-4 mins in the oven.
- Cook eggs on a flat top to a sunny side up consistency or place in Rational to cook on egg setting, fried scramble, 1 min 45 seconds. (Note: ensure Rational unit has heated up before adding the eggs to the unit).
- Serve a fried egg on top of the cheesy crab cake hash and garnish with green onions.



SEARED CRAB CAKE TOPPED WITH A PEACH SALSA (Serves 25)

25 pc 3 oz Crab Cakes, defrosted
FOR THE PEACH SALSA:
 3.5 cups canned peach halves, drained, diced
 1/4 cup red onion, diced
 3/4 cup red bell pepper
 1/4 cup green onion, chopped finely
 2 tbsp garlic, chopped finely
 3 tbsp vegetable oil
 2 tbsp Dijon mustard

1.5 tbsp red wine vinegar
 1 tbsp black pepper

- Preheat a convection oven to 375°F.
- Place defrosted crab cakes on a parchment lined baking sheet.
- Spray with oil or cooking spray on both sides.
- Cook in a convection oven for 17-22 mins or until browned. (Note: cook close to service to ensure they don't dry out while holding).
- For the salsa: In a large bowl, combine all ingredients 45 mins before serving.
- Serve with the crab cakes topped with peach salsa.



PUFF PASTRY WRAPPED CRAB CAKE WITH ROSÉ SAUCE (Serves 25)

25 pc 3 oz Crab Cakes
 6.5 pc puff pastry, defrosted
 3 eggs
 2 tbsp milk
FOR THE ROSÉ SAUCE:
 3 tbsp vegetable oil
 1.5 cups white onion, diced
 1.5 cups red bell pepper, diced
 4 cups tomato sauce
 3 cups 35% cream or Béchamel (white sauce)
 1/4 cup salt free & sugar free sweet basil tarragon mix

- Preheat a convection oven to 350°F.
- Lay out puff pastry and cut into quarters (four squares per sheet).
- Place defrosted crab cake in the middle of each square. Wrap puff pastry around the crab cake to make a tight seal/package.
- Brush puff pastry with the egg wash (3 eggs + 2 tbsp milk).
- Bake in a 375°F oven for 18-25 mins or until puff pastry is cooked (internal temp reaches 165°F/74°C).
- Serve immediately.
- FOR THE ROSÉ SAUCE:**
 - In a large frying pan over medium heat, add vegetable oil, onion, and bell pepper. Sauté for 7-10 mins.
 - Add tomato sauce and basil tarragon mix or other seasoning. Reduce heat and simmer for 3-5 mins.
 - Add 35% cream or Béchamel sauce. Mix and simmer for 3-5 mins. Check that the internal temp of the sauce reaches 165°F/74°C.
 - Serve Rosé sauce on the side for dipping or on top of the puff pastry crab cake.



CRAB CAKE STUFFED TOMATO WITH PARMESAN HERB CRUST (Serves 25)

25 pc 3 oz crab cakes, defrosted
 37 Roma tomatoes, cut in half, deseeded (3 pc half tomato per portion)
 1/4 cup olive oil
 1.5 cups margarine, melted
 4.5 cups Panko breadcrumbs
 1.5 cups Parmesan cheese
 1/2 cup salt free & sugar free sweet basil tarragon mix
 2 tbsp black pepper

- Preheat a convection oven to 375°F.
- Place tomatoes on a parchment lined baking sheet and drizzle with olive oil.
- Roast tomatoes in convection oven for 4-6 mins. Cool and reserve.
- Turn up the convection oven 400°F
- Place defrosted crab cakes in a large mixing bowl and mix until they are spreadable. Set aside.
- In a separate bowl, mix the margarine, panko, parmesan cheese, basil tarragon mix or other seasoning, and black pepper.
- Stuff the tomatoes with the crab mixture and top with the panko mixture.
- Bake in the oven for 7-10 mins until browned. Ensure the crab cake stuffed Roma tomatoes reach internal temperature of 165°F/74°C.



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