

Chef from the Hood Recipes



Chef:

Jack Mitchell, new owner of Sassafras in Santa Rosa!

Restaurant:

Sassafras

Recipe: Sassafras' Crab Cakes with Gravenstein Apple, Fennel & Lime Slaw!

Cakes:

1 pound crab meat, picked over to remove shell
2 stalks celery, trimmed & chopped into small dice
1/2 red onion, peeled & chopped into small dice
2 tablespoons chopped flat leaf (Italian) parsley
1/2 teaspoon Old Bay seasoning (from Maryland)
1/4 teaspoon (about 10 shakes) Tabasco Sauce
1 cup homemade mayonnaise made "tight and thick" with fresh eggs & good oil. (If you must, use real mayo from a jar; but none of that low-fat, no-fat stuff!)

1/2 cup of Panko bread crumbs
canola oil poured into a cast iron skillet to 1/16 inch.

Serve 4 as a first course.

If you are making slaw, make it first. For crab cakes: Mix crab meat with celery, onion, parsley, Old Bay, Tabasco & mayonnaise. Divide into 8 portions (2 oz. each) and shape into balls. Roll balls through the Panko, and flatten slightly. Fry each side until golden.

Slaw: Remove stems from flat leaf (Italian) parsley until you have 1/2 cup of loosely packed leaves. Make paper thin slices of 2 Gravenstein apples & 1/2 head fennel. Toss all together gently adding a pinch of salt, the juice of 1 lime & 1 tablespoon of good olive oil.