

# Mock Crab Cake

By Chef Marvin Woods

## Ingredients:

- 2 tablespoons avocado oil
- 1 rib celery, finely chopped
- ¼ cup bell peppers, finely chopped
- 1 (15-ounce) can garbanzo beans/chickpeas
- 1 (14- ounce) can hearts of palm
- ¼ cup green onion, sliced
- 2 tablespoons Old Bay seasoning
- 2 tablespoons nori (roughly crumbled)
- 2 teaspoons granulated garlic/garlic powder
- 1 teaspoon celery seeds
- ½ teaspoon onion powder
- ¼ cup Earth Balance spread
- 1 tablespoon Italian parsley, finely chopped
- 2 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- 1 cup breadcrumbs (panko or regular) + more for baking
- ¼ cup avocado or peanut oil for pan frying (can bake in oven at 425°F for 10 to 15 minutes)

## Instructions:

Preheat oven to 350 degrees. Place a medium sauté pan over moderate to low heat. Add 2 tablespoons of avocado oil and let get hot, ideal temp is 350°F. Add celery and bell peppers and cook 2 to 3 minutes. Turn off heat and set aside.

Add the garbanzo beans to food processor or blender and pulse, breaking down to a rustic look, add some of the liquid from the can if needed to assist in the pulsing process. Add hearts of palms and pulse some more. *Note: if you do not have a food processor, you can use a chef knife and rough chop the garbanzo and the hearts of palms. Either way you want to break it down to resemble lump crabmeat or a rustic mixture. **Don't over mix.***

Transfer the garbanzo/hearts of palms mixture to a large bowl. Add the celery/peppers, green onions, old bay seasoning, nori, granulated garlic, celery seeds, onion powder, earth balance, parsley, mustard seeds and salt. Mix all ingredients together using your hands. Once thoroughly mixed, taste to check for balance of flavor, nothing should be too overpowering. Taste the mixture again and adjust seasoning if need be.

Place breadcrumbs in a medium to large sheet tray. Using an ice cream scoop, (assures consistency in size and shape) scoop mixture, place in your hand and pack and roll it like you would a meatball. Place the ring mold on the bread crumb. Shaped ball and place in the ring mold. Add a layer of breadcrumbs on top and push cake down to flatten. Remove from cutter and place on a separate tray. Repeat until all the mixture is formed. Place tray in refrigerator for 1 hour. *Note: these cakes have no filler and placing them in the refrigerator will help to firm them up.*

Heat oil in a sauté pan to 350°F (use a thermometer to check). Gently place one cake at a time into the oil. Do not overcrowd pan. Cook for 2 to 3 minutes or until you start to see the edges of the cake become golden brown. Gently turn cakes over and cook for another 2 to 3 minutes. Remove from pan and place on baking tray. Skim the oil with mesh spider; wait for the oil to return to 350°F before placing the next batch of cakes in the oil. Once cakes are golden brown place in oven for 7 to 10 minutes or until the center of cakes are hot.

Serves: 12