



COOKING CLASSES
AT SUR LA TABLE

AMERICAN COASTAL CRAB CAKES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ☐ 1 pound lump crab meat, see recipe for other seafood suggestions

Produce

- ☐ 1 bunch flat-leaf parsley
- ☐ 3 lemons
- ☐ 1 yellow onion
- ☐ 1 bunch green onions
- ☐ 1 stalk celery
- ☐ 4 garlic cloves
- ☐ 1 1/2 pounds fingerling or baby potatoes
- ☐ 1 bunch chives
- ☐ 1/2 medium head red or green cabbage
- ☐ 1 medium carrot
- ☐ 1 shallot
- ☐ 1 bunch thyme
- ☐ 1 bunch dill

Dairy

- ☐ 1 egg
- ☐ 3/4 cup mayonnaise
- ☐ 1/4 cup buttermilk
- ☐ 1/4 cup sour cream

Pantry Items

- ☐ Saltine crackers
- ☐ Dijon mustard
- ☐ Worcestershire sauce
- ☐ Old Bay seasoning
- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Vegetable oil
- ☐ Whole-grain mustard
- ☐ Ketchup
- ☐ Cayenne pepper
- ☐ Olive oil
- ☐ Flaky sea salt
- ☐ Granulated sugar
- ☐ Caraway seeds
- ☐ Celery seeds

Dry/Canned Goods

- ☐ Prepared horseradish

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Fish spatula
- ☐ Meat mallet (optional)
- ☐ Colander
- ☐ Silicone pastry brush
- ☐ Box grater
- ☐ Silicone spatula
- ☐ Garlic roller (optional)
- ☐ Citrus juicer or reamer
- ☐ Microplane or citrus zester
- ☐ Tongs

Appliances

- ☐ Food processor

Cookware

- ☐ Non-stick skillet
- ☐ Large saucepan or stockpot
- ☐ Grill pan or cast-iron skillet

Bakeware

- ☐ Rimmed baking sheet

Other

- ☐ Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes

1. Wash and dry all the produce.

CRISPY CRAB CAKES WITH HOMEMADE REMOULADE

Yield: 6 crab cakes

Here is an easy and authentic version of the Maryland classic. The key to the crab cakes is not to overmix the crab meat.

Crab cakes:

1 pound lump crab meat (any type of crab meat will work)
8 saltine crackers, finely crushed
1 large egg, lightly beaten
1/2 cup mayonnaise
1 tablespoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
2 tablespoons fresh flat-leaf parsley, chopped
Kosher salt and freshly ground black pepper
2 tablespoons vegetable oil, for pan-frying

Remoulade:

2 tablespoons fresh lemon juice
6 tablespoons vegetable oil
1/4 cup yellow onion, chopped
1/4 cup green onions, green and white parts, chopped
2 tablespoons celery, diced
1 tablespoon garlic, minced
1 tablespoon prepared horseradish
3 tablespoons whole-grain mustard
1 1/2 tablespoons ketchup
2 tablespoons fresh flat-leaf parsley, chopped
1/8 teaspoon cayenne pepper
Kosher salt and freshly ground black pepper

1. **To prepare the crab cakes:** Carefully pick through the crab meat and remove any shell fragments or cartilage. Transfer the crabmeat to a bowl and set aside.

2. To a large bowl, add the saltines, egg, mayonnaise, mustard, Worcestershire, Old Bay and parsley; mix to combine. Gently fold in the crab, being careful to only mix enough to combine the ingredients; lightly season with salt and pepper.

3. In a small skillet with a little oil, fry a small spoonful of crab mixture until cooked through. Taste and adjust the seasoning with salt and pepper, if necessary. Shape the mixture into 6 to 8 crab cakes and refrigerate for at least 30 minutes.

4. **To prepare the remoulade:** In the bowl of a food processor, combine all the remoulade ingredients and process until smooth, about 30 seconds. Taste and adjust the seasoning with salt and pepper.

5. **To cook the crab cakes:** To a large nonstick skillet set over medium-high heat, add the oil. Season the outside of the crab cakes generously with salt and pepper. When the oil is shimmering, carefully slide the crab cakes into the skillet using a fish spatula and spacing the cakes about 2 inches apart. Cook until golden brown on both sides, 2 to 3 minutes per side.

6. **To serve:** Serve crab cakes with remoulade over the top.

Recipe Variations:

- Not a fan of crab, or can't find any at the market? No worries, cooked shrimp, cooked and flaked fish, or even canned salmon and tuna can be substituted in this recipe.

SMASHED OLD BAY POTATOES

Yield: 4 servings

1 1/2 pounds fingerling or baby potatoes, evenly sized

Kosher salt

1/4 cup olive oil

2 garlic cloves, minced

2 teaspoons Old Bay seasoning

Freshly ground black pepper

2 tablespoons chives, chopped

Flaky sea salt

1. **To precook the potatoes:** To a large saucepan set over medium-high heat, add the potatoes and cover with at least 1 inch of cold water; season with salt. Bring the potatoes to a boil, then reduce the heat to a simmer and cook the potatoes until almost cooked through, about 10 minutes. Drain the potatoes in a colander and arrange on a rimmed baking sheet; refrigerate until cold.
2. Place the potatoes on a cutting board and gently smash with a meat mallet or a small saucepan. The potatoes should remain together and be flattened to about 1/3-inch thickness.
3. In a small bowl, stir together the olive oil, garlic, Old Bay seasoning, salt and pepper. Generously brush the oil mixture on both sides of the smashed potatoes.
4. Preheat a grill pan or cast-iron skillet over medium-high heat. Add the potatoes to the pan, being careful not to break the potatoes up. Cook until crisp and charred, 2 to 3 minutes per side.
5. **To serve:** Transfer the potatoes to a large serving plate, top with chives and flaky sea salt; serve immediately.

CREAMY BUTTERMILK COLESLAW WITH LEMON AND HERBS

Yield: 4 servings

The word "coleslaw" comes from the Dutch word "koolsla", "kool" meaning cabbage and "sla" meaning salad. The word entered our English language from the Dutch in New York in the late 1700s. Since then it has been a featured side dish at almost every picnic or barbecue in America.

1 pound cabbage (about 1/2 medium head), red or green, finely shredded (about 6 cups)

1 medium carrot, shredded

1/4 cup buttermilk

1/4 cup mayonnaise

1/4 cup sour cream

2 tablespoons shallot, minced

2 tablespoons fresh flat-leaf parsley, minced

Zest and juice of 1 lemon

1 tablespoon granulated sugar

1 tablespoon whole-grain mustard

1/2 teaspoon caraway seeds

1/4 teaspoon celery seeds

1 teaspoon fresh thyme leaves, minced

1/4 cup fresh dill, minced

1/4 cup fresh chives, minced

Kosher salt and freshly ground black pepper

1. To a large bowl, add the shredded cabbage and carrot, toss together and set aside.
2. To a small bowl, add the remaining ingredients and whisk to combine. Pour the dressing over the cabbage and carrots and toss to combine. Refrigerate until chilled, at least 30 minutes or for up to 3 days. Taste and adjust the seasoning with salt and pepper before serving.