

Whitby Crab and Scarborough Woof Cakes salad leaves and tartar sauce

Serves 4

Ingredients for crab and woof cakes

500 g Scarborough Woof
250 g Whitby crab meat pieces (shell removed)
2 egg whites lightly beaten
2 red chillies de seeded and finely chopped (take care not to rub your eyes!)
3 cloves of garlic crushed or very finely chopped
3 nuggets of fresh ginger peeled and finely chopped
1 stick of lemon grass finely chopped
2 large shallots peeled and finely chopped
1 small bunch of washed coriander, picked and finely chopped
Salt and pepper
½ loaf of white bread blended to make fresh white breadcrumbs
5 whole eggs cracked and mixed then placed in a shallow tray to 'pané' the fish cakes
200 g plain flour also used to 'pané'
4 portions of mixed salad leaves

Ingredients for tartar sauce

200 g mayonnaise
40 g chopped white onion
30 g chopped capers
30 g chopped gherkins
Small bunch of picked washed parsley finely chopped.

To make the crab and woof cakes

Blend the skinned and de boned woof in a blender until smooth
Place in a bowl, add the crab meat and egg white and mix
Gently fry the shallot, ginger, garlic, chillies and lemon grass in a pan in a little vegetable oil until soft but not coloured
Allow to cool and add to the fish mix
Add the salt, pepper, coriander and form into little patties
Chill in the fridge for 10 minutes
Set up your 'pané' station, you will need a tray of flour, next to a tray of 5 beaten eggs, next to a tray of breadcrumbs, then a final empty tray for the finished cakes
Dust the cakes with flour
Coat them with egg and then breadcrumbs ensuring an even coating
Shallow fry in a moderately hot frying pan with plenty of oil so it covers the base of the pan.
Turn over the fish cakes and finish cooking on a tray in the oven at 180°C for 10 minutes or until the fish is cooked through.

To make the tartar sauce

Mix the mayonnaise with the chopped capers, onions, gherkins and parsley and season if necessary.

To serve

Wash the salad leaves and drain well

Place onto four plates

Dot the tartar sauce around the plates

Place the hot golden crab and woof cakes on top

Serve with a glass of crisp white wine or chilled lemonade.