

## Mendo Bistro's Crab Cakes with Cabbage

*Nicholas Petti prepared his award-winning cakes for judges to pick the best matching wine. The winner: 2004 Parducci Signature Lake County Sauvignon Blanc (\$15 suggested retail).*

### INGREDIENTS:

#### **Cabbage Salad:**

- 1 head green cabbage
- Sea salt to taste
- 1 bunch chives, finely chopped
- 1/3 cup Champagne vinegar.

#### **Crab Cakes:**

- 1 1/2 pounds fresh-picked Dungeness crabmeat (including claw meat)
- 3/4 cup panko crumbs + additional for coating
- 2 green onions, finely chopped
- 1/2 to 3/4 cup Tarragon Aioli (see recipe)
- Vegetable oil for sauteing

### INSTRUCTIONS: For the cabbage salad:

Discard outer leaves and core from cabbage; slice thinly. Toss with salt. Let sit for 30 minutes. Drain cabbage, squeezing as necessary. Add chives and vinegar and toss. Set aside.

**For the crab cakes:** Drain crab. Gently squeeze out excess

moisture. Combine crab, 3/4 cup panko crumbs and green onions. Let rest for 10 minutes. Add 1/2 cup aioli and test mixture to see how it holds together. Add aioli as necessary. Do not overwork. Cakes should barely hold together. Form into 2 1/2-inch diameter cakes, about 1 inch thick. Place one side in a plate of breadcrumbs.

Heat oil in a medium skillet over medium-high heat until just smoking. Place cakes crumb-side down in oil. Do not crowd. Saute until golden, then carefully turn. Reduce heat to medium; saute until heated through.

To serve, mound 1/4-1/3 cup cabbage salad on a plate. Top with a crab cake. Dab with aioli, if desired.

Yields about 8 crab cakes

**PER CRAB CAKE:** 290 calories, 20 g protein, 14 g carbohydrate, 17g fat (2 g saturated), 73 mg cholesterol, 367 mg sodium, 3 g fiber.