

# Chef Spotlight

## Celebrating Foods of the World



# Cabernet Medley Crab Cakes

### INGREDIENTS

#### MAKES 10 SERVINGS

2 1/2 cups water  
8 ounces Indian Harvest Cabernet Medley  
1 pound crabmeat  
1/4 cup rough-chopped fresh cilantro  
1/4 cup toasted whole pine nuts  
1/4 cup smashed toasted pine nuts  
3 teaspoons OLD BAY® seasoning  
1/4 cup sour cream  
1/4 cup mayonnaise  
1 tablespoon Dijon mustard  
2 egg whites  
Panko bread crumbs, as needed  
Cooking oil, as needed  
Salted butter, as needed

### PREPARATION

Bring water to a boil. Add Indian Harvest Cabernet Medley. Bring liquid back to a boil. Reduce heat; simmer, covered, for 12 minutes. Remove from heat and remain covered; let rest for 5 minutes. Lay Cabernet Medley out on a sheet tray to cool to room temperature.

In a large bowl, combined Cabernet Medley with crab, cilantro, whole and smashed pine nuts and OLD BAY®. Reserve.

In another bowl combine sour cream, mayonnaise, Dijon mustard and egg whites until creamy.

Fold the creamy mixture into the crabmeat mixture until combined well. (If the mixture is too moist, add enough bread crumbs to firm up.) Form the cakes. Lightly coat with bread crumbs.

Add cooking oil and a little butter to a large fry pan just enough to coat the bottom of the pan. Sear cakes a few at a time (do not crowd in the pan) until golden brown on each side, 1 to 2 minutes.

Place seared crab cakes into a 350-degree oven and finish cooking, approximately 20 minutes.

Recipe and Photo Courtesy of:



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