

McLaren Vale Crab Cakes

Ingredients:

500g un-cooked prawn meat
Crushed ice
400g egg white
1kg uncooked or cooked crabmeat
100g spring onions, chopped
180g breadcrumbs
Sea salt and cracked black pepper, to taste

To finish

160g Panko breadcrumbs
Vegetable oil for frying
300g aioli or Kewpie mayonnaise, to serve

Method:

Blend prawn meat in a food processor with a little crushed ice, until smooth.
Place in a large bowl with egg whites.

Add the remaining main crab cake ingredients, and then season to taste.
Form flat cakes averaging 80g, and roll in the Panko crumbs. Fry in vegetable oil over -medium to high heat until cooked and golden brown.

Serve with Japanese mayo (Kewpie) or aioli as well as a salad such as rocket, avocado and cherry tomatoes drizzled with salt, olive oil and freshly squeezed lemon juice.

These delicious crab cakes were paired with a glass of the William Hardy Chardonnay.

