

## **Crab cake salad from the Palm Beach Grill**

*Serves: 8*

*Preparation: 30 minutes*

### **Ingredients:**

2 pounds fresh jumbo lump crabmeat  
1/2 cup mayonnaise  
1 beaten egg  
1 teaspoon parsley  
1/2 teaspoon seafood seasoning  
1/3 cup fresh breadcrumbs  
1 ounce clarified butter or extra virgin olive oil

4 ripe avocados  
4 ears of fresh-shucked corn  
Champagne or white wine vinaigrette as desired  
1 large red onion, chopped  
3 tablespoons fresh tarragon  
3 tablespoons fresh parsley  
3 tablespoons fresh chives  
4 large ruby red grapefruits  
6 cups baby arugula & frisee  
sea salt & fresh cracked pepper to taste

### **Preparation:**

To make the crab cakes, first air out the fresh crab meat and look for shell remnants. In a large bowl, mix together mayonnaise, egg, parsley and seafood seasoning. Add the crabmeat and mix gently, trying not to break up the large lumps of crabmeat. Portion 4 ounces of the crab mixture into a circular ring on top of wax paper. Sprinkle 1 teaspoon of breadcrumbs on each side of the crab cake.

In a small saucepan, add clarified butter or olive oil. Make sure to add enough to fill the bottom of the pan. When the butter is hot, add one crab cake and remove the ring. Cook for one minute until the cake is golden in color, flip and remove from heat. Place the entire pan into a 400-degree oven for 1 1/2 minutes. This will brown the opposite side of the crab cake and warm throughout. Repeat for 8 crab cakes.

To make the salad, cut the avocado into cubes, using 1/2 of an avocado for each plate. Cut the raw corn from the cob and use 1/2 of an ear for each plate. Spread the avocado and corn around each plate and dress lightly with champagne or white wine vinaigrette. Evenly spread chopped red onion and fresh tarragon, parsley and chives on top of each plate.

Remove the skin from the ruby red grapefruits and cut into slices (approximately 6 slices per grapefruit). Add 3 slices around each plate in a pinwheel shape. Place one crab cake in the center of each plate.

In a small bowl, dress the arugula and frisee and place a handful on top of each crab cake. Garnish with sea salt and fresh cracked pepper.