



# "Not So Crabby" Vegan Crab Cakes with Remoulade Sauce

Recipe courtesy of UConn Dining Services | [dining.uconn.edu/recipes](http://dining.uconn.edu/recipes)  
Makes 25

**Award-winning - This recipe received Gold in the 2016 National Association of College and University Food Services Nutrition Awards - Vegan category.**

## Crab Cakes

3 pounds drained hearts of palm  
1 cup crushed vegan crackers  
9 scallions (green and White parts), finely chopped  
1 cup finely diced red bell pepper  
 $\frac{3}{4}$  cup vegan "Just Mayo" mayonnaise  
 $\frac{1}{4}$  cup plus 2 tablespoons whole grain mustard  
3 tablespoons flaxseed meal  
3 tablespoons lemon juice  
 $\frac{3}{4}$  teaspoon garlic powder  
3 teaspoons salt  
Pinch cayenne pepper  
Olive oil-as needed  
3 cups finely crushed vegan crackers  
Cucumber Salad - Recipe below  
Herbed Remoulade Sauce - Recipe Below

1. In a large bowl, shred hearts of palm.
2. Add in 1 cup vegan crackers, scallions, red bell pepper, mayonnaise, mustard, flaxseed meal, lemon juice, garlic powder, salt, and cayenne pepper. Mix until just combined.
3. Using your hands or a 2-ounce ice-cream scoop, form a ball, then a patty. Dredge both sides of the crab cake in finely crushed vegan crackers and place on a sheet pan lined with parchment paper. Refrigerate for 30-40 minutes.
4. Heat oil in a large skillet over medium heat, then add crab cakes in small batches and cook until browned on both sides, 4-5 minutes.

*recipe continued on pg 2*

## **Cucumber Salad**

Makes 3 servings

3 pounds cucumbers, peeled, deseeded, and julienned

1 ½ tablespoons extra-virgin olive oil

½ teaspoon salt

¼ teaspoon ground black pepper

In a large bowl, combine julienned cucumbers, olive oil, salt, and pepper. Toss until coated, then refrigerate until needed.

## **Herbed Remoulade Sauce**

Makes 1 cup

¾ cup vegan mayonnaise

1 tablespoon whole grain mustard

1 teaspoon red wine vinegar

¼ teaspoon hot sauce

2 tablespoons scallions, finely chopped

1 tablespoon parsley, finely chopped

2 teaspoons capers, finely chopped

Kosher salt-to taste

Freshly ground black pepper to taste

Combine all ingredients in a large mixing bowl and whisk until thoroughly blended. Refrigerate until needed.

## **Plating**

1. Place three plates on flat surface.
2. Put a bed of julienned cucumber salad on bottom of each plate or platter.
3. Place crab cakes on bed of cucumber salad, and dollop each crab cake with 1 teaspoon herbed remoulade sauce.