

Seafood Cakes

Recipe by Carmen Ruiz

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: Yields (6) 2oz seafood cakes



Ingredients

- 4 oz. jumbo lump crab meat
- 4 oz. tilapia
- ½ cup Panko bread crumbs
- 1 small yellow onion
- 2 green onions
- 1 medium green bell pepper
- 3 cloves garlic
- ¾ cup vegetable oil
- ½ cup mayonnaise
- 1 egg
- 8 oz. shrimp
- 1 & ½ teaspoons Old Bay seasoning
- ¾ teaspoon smoked paprika
- 1 large lemon
- ¾ teaspoon Worcestershire sauce
- ½ teaspoon

Directions

Step 1

Pre-heat oven to 400 degrees fahrenheit. Place fish on a lined baking sheet and drizzle a tablespoon of oil over the fish. Season with salt and pepper to taste. Bake in the oven for 12-15 minutes.

Step 2

Cut lemon into wedges and set aside. Mince all three cloves of garlic and put it into a large bowl. Cut the bell pepper into halves and reserve one half the other is not needed. Cut the onion into halves and reserve one half the other is not needed. Mince shrimp and set aside. While the fish is cooking, cut the bell pepper, onion, and the green parts of the green onion into a small dice. Combine together in a separate small bowl.

Step 3

Once the fish is done remove the tray from the oven and set aside on a cooling rack. Put the crab meat inside the large bowl with garlic. Break up the large chunks as you are placing it inside the bowl. Crack your egg and separate the egg white from the egg yolk, the yolk will not be needed for this recipe. Put the egg white into the bowl with the crab meat and garlic and set aside.

Step 4

Put a tablespoon of oil into a pan and set the heat to medium high. Add all of the vegetable mixture into the pan and saute until tender. Remove vegetable mixture from the pan and place back into the small bowl to let it cool a bit. Then put as much of the vegetable mixture as you would like into the larger bowl with all the other ingredients. Place the rest into a food safe storage container you won't need anymore.

Step 5

Saute the minced shrimp for 1-2 minutes on medium high heat and let it cool in the pan before adding it to the large bowl with all the other ingredients. Once the fish is cool enough to handle, start shredding with a fork in a separate medium sized bowl. Put the shredded fish, mayonnaise, worcestershire sauce, and seasonings inside the large bowl and mix.

Step 6

Fill a cast iron with enough oil to cover the bottom, heat over medium heat. Use a spoon or a batter scoop to portion out the seafood cake mixture into five, 4 oz patties. Place the seafood cakes into the hot oil and fry until golden brown on both sides. Remove from the pan and drain on paper towels. Serve on a plate with lemon wedges to squeeze over the seafood cakes.

About Carmen Ruiz

1. Name: Carmen Ruiz

2. Age: 16

3. Background:

I was born in Georgia. My favorite color is cyan. I like reading, gardening, and riding my bike. My favorite food is chicken alfredo. I prefer going out in the colder seasons. My family consists of vegetarians, pescatarians, and pollotarians. I cook dinner for my family most nights. I plan to major in the culinary arts and have a future career in this field.

4. School: Southwest Career and Technical Academy

5. Why is this recipe important to you?

This recipe is important to me because it is one of the first recipes, I was able to perfect and remake all on my own. This recipe is also important to me because it allows me to use the cooking skills taught to me by my family to help them out by cooking dinner for them.

6. How long have you been cooking?

I took my first cooking class when I was ten years old, and I started helping my grandmother make bigger meals like Thanksgiving dinner when I was twelve.

7. What does food/cooking mean to you?

Food/cooking means to me to share experiences. I believe that food is something to enjoy and derive comfort from. It is something that you can easily share with others no matter how far you are away from them. Cooking allows me to create food, and food is what sustains us as people. Food/cooking has allowed me to make new friends, connect with my family, and to have something that I can take pride in.