

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
- 4 oz. shrimp
- 1 & ½ teaspoons Old Bay seasoning
- ¾ teaspoon smoked paprika
- 1 large lemon
- ¾ teaspoon Worcestershire sauce
- ½ teaspoon Cayenne pepper

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 minutes.

Step 2

While the fish is cooking, mince all three cloves of garlic and put them into a large bowl then set aside. Cut the bell pepper and onion into halves; reserve one half. The other half is not needed. Cut the bell pepper and onion into a small dice. Combine together in a separate small bowl. Cut the lemon into wedges and set aside. Mince shrimp and set aside. Thinly slice the green parts of two green onions, plus extra for garnish and set aside.

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 the garlic. Break up the large chunks as you are placing it inside the bowl.

Step 4

Put a tablespoon of oil in a saute pan over medium high heat and saute the minced shrimp for 1-2 minutes. Remove the shrimp from the pan and place into a clean small bowl to let cool.

Step 5

Once the fish is cool enough to handle, start shredding with a fork in a separate medium sized bowl. Put the shredded fish, cooked shrimp, panko bread crumbs, mayonnaise, Worcestershire sauce, green parts of the green onions (saving some for garnish), and seasonings inside the large bowl and mix.

Step 6

Add a tablespoon of oil into the previously used saute pan and set the heat to medium high. Add all of the vegetable mixture into the pan and saute until tender. Let the vegetable mixture cool in the pan before adding it to the large bowl with all the other ingredients. Then add as much of the vegetable mixture as you would like into the larger bowl with all the other ingredients. Crack an egg into the large bowl with all the other ingredients and mix.

Step 7

Fill a frying pan with enough oil to cover the bottom ($\frac{3}{4}$ cup) and set the heat to medium high. (Temperature of the oil should be around 350 degrees.) Use a spoon or a batter scoop to portion out the seafood cake mixture into six equal sized 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 the lemon wedges to squeeze over the seafood cakes.

Comments:

- The vegetable oil was reduced to $\frac{1}{2}$ cup, to meet the FFL saturated fat guidelines.
- The mayo was changed to lite mayo, which would help to lower the sodium, fat, and saturated fat content.
- The old bay seasoning was changed to $\frac{1}{2}$ tsp to help lower the sodium content.
- At the bottom of the ingredients there is a $\frac{1}{2}$ tsp, but we are not sure what it was. There was nothing listed next to it.
- The Worcestershire sauce was changed it to low sodium. This helped to lower the sodium content.

Nutrients Per Serving

Yield: 6
Calories: 343.5
Total Fat: 25g
Saturated Fat: 2.7g
Trans Fat: 0
Carbs: 12.5g
Fiber: 1.5g
Sugars: 3.2g
Protein: 12.5g
Sodium: 596.7mg



Highlighted Ingredient: Bell Peppers

There are nutritional differences between colors of bell peppers — for example, a red bell pepper contains over eight times the amount of vitamin A than a green bell pepper. They have an extremely high concentration of antioxidants. Just one of them will provide more than twice the daily recommended amount of vitamin C, and three-fourths of your daily needed vitamin A intake.

Source: <https://draxe.com/nutrition/bell-pepper-nutrition/>

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 and have a future career in the culinary arts 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.