

# Crab cakes with apple and beetroot salsa

## Ingredients

For the crab cakes

- 225 g white crab meat
- 2 egg yolks, lightly beaten, plus 1 whole egg
- 4 tbsp chopped coriander
- 5 tbsp milk
- 4 tbsp plain flour, seasoned with salt and pepper
- 175 g white breadcrumbs
- Olive oil, for frying / butter, for frying



## For the salsa

- 1 small red onion, finely chopped
- 1 apple, cored and cut into thin strips, or coarsely grated
- 1 small raw beetroot, peeled and diced or coarsely grated
- 25g walnuts, chopped
- 50g celeriac, peeled and coarsely grated
- 1 fig, chopped (optional)
- ½ lemon, juice only
- 2 tbsp Oil
- 1 tbsp chopped chives

## Method

1. For the crab cakes: mix the crab meat, egg yolks and coriander together in a bowl. Season with salt and freshly ground black pepper.
2. Divide the mixture into six and shape into even-sized crab cakes. Place them on a tray and freeze for 30 minutes to firm up the mixture.
3. Meanwhile, beat the whole egg and milk together to make an egg wash. Put the seasoned flour and breadcrumbs into two separate bowls.
4. Remove the crab cakes from the freezer. Roll each crab cake in the flour, shake off any excess, then dip in the egg wash and coat with breadcrumbs, turning to make sure they are evenly covered.
5. Place the crab cakes on a tray lined with greaseproof paper, cover with cling film and chill until needed (you can do this a day in advance).
6. To cook the crab cakes, heat a large, heavy-based frying pan over a medium heat. Add a drizzle of olive oil and a knob of butter and gently fry the crab cakes for about 4 minutes on each side, or until hot through and crisp and golden on the outside.
7. For the salsa: mix all of the ingredients together and season to taste with salt and freshly ground black pepper. Serve alongside the hot crab cakes