

IP Crab Cakes

Ingredients:

1 lb crab meat (lump or claw)
1 bag of IP Garlic & Herb Crisps, crushed to bread crumb size
3 scallions finely chopped
1 Tbsp Chives, finely chopped
1 egg
1 tsp Worcestershire sauce
¼ tsp garlic powder
¼ tsp onion powder
Salt & pepper to taste
1 tsp Dijon mustard (optional)

Directions:

1. Combine all ingredients in a medium bowl and mix thoroughly.
2. Heat a teaspoon of extra virgin olive oil in a pan on low to medium heat.
3. Shape crab mixture into palm size patties and place in pan to cook.
4. Cook on each side for 5-7 minutes. Carefully flip over when you see it has browned on a side.
5. When both sides are browned and crab cake is heated through, remove from pan and serve.
6. If desired, and on Phase 1 of the IP diet, you may use 1 teaspoon of the homemade dipping sauce.

Dipping sauce recipe:

Ingredients:

1 large egg at room temperature (very important it is room temperature)
1 tsp Dijon mustard
1 Tablespoon white vinegar
¼ tsp kosher salt
1 cup grapeseed oil

Optional additions:

1 tsp fresh lemon juice
½ tsp fresh dill, minced
Siracha to taste
¼ tsp garlic powder, or to taste
¼ tsp onion powder, or to taste

Directions:

1. Use the smaller bowl attachment that came with your food processor so that the bowl is not too large for the amount of sauce this recipe makes. Not using the smaller bowl can prevent the sauce from emulsifying since the mixture will not have enough contact with the blade. If you do not have the smaller bowl attachment, you can make the sauce with an immersion blender or by hand. I used the medium pitcher sized Ninja blender and dribbled/poured the oil through the pour spout.

2. Add egg, mustard, vinegar, and salt to the small bowl of a food processor and process for 20 seconds. Scrape the sides and bottom of the bowl, turn the food processor on then begin to slowly add the oil in tiny drops until about a quarter of the oil has been added (this is critical for proper emulsification).

Once you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the processor on, continue to add it slowly, but increase to a very thin stream instead of drops of oil. It will have the consistency of mayonnaise.

When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds. Taste the sauce for seasoning then add salt, lemon juice or extra vinegar to taste. Note, if the sauce seems too thin, slowly stream in more oil with the processor running until thick.

* Store covered in the refrigerator as long as the expiration date of your eggs allow.

* Room temperature ingredients are best when making this sauce at home. If you're not able to wait for the egg to come to room temperature, submerge it in lukewarm (not hot) water for a couple of minutes.