

THE RECIPE

Herbed Jersey Royal Crab Cakes

CULTURE

14_02_2022



We pay tribute to this artist and the magnificent land of his heart, Jersey, famous for ancient dishes that continue to be prepared today. It is a cuisine between land and sea (grazing and fishing), which also uses many vegetables. We have chosen this recipe, typical of the island.

Ingredients (serves 4)

400g Jersey Royal potatoes, scrubbed and not peeled

2 tablespoons of olive oil

½ a teaspoon of fennel seeds

extra for garnish

1 tablespoon capers

a pinch of cayenne pepper

1 lemon, ½ zested and juiced, ½ cut into wedges for serving

1 tablespoon mayonnaise, plus extra for serving

Flour, for dusting

Watercress (or mixed salad) as a side dish

Preparation

Put the potatoes in a pan, cover with water, add 1 teaspoon of salt and bring to the boil. Cook for 12-15 minutes or until tender enough to mash easily. Leave to cool.

Heat a tablespoon of oil in a pan and add the fennel seeds, fennel, chilli and garlic followed by the spring onions. Simmer for 3-5 minutes until fragrant but not coloured.

In a bowl, mash the potatoes, then add them to the crabmeat, capers, herbs, spring onion, cayenne pepper, lemon zest and mayonnaise. Season with salt and mix until well combined, then refrigerate for 30 minutes.

Heat the oven to 180°C (fan). Grease your hands and shape the mixture into eight palm-sized patties, then dip them in plenty of flour. Be careful, as they are rather fragile and sticky: it is better to work them on a baking tray lined with baking parchment. Put them in the fridge to firm up for 30 minutes before baking.

Heat the remaining oil in a non-stick frying pan and fry for 2-3 minutes per side until crispy and golden. Transfer to an oiled baking tray and finish in the oven for 5 mins.

Serve with mayonnaise, a little watercress dressed with the remaining herbs and lemon juice, with the lemon wedges on the side.