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Taste of the Seasons: COOKING CLASSES

Preparing Healthy Meals from PEI's Heritage Ingredients

Island Rock Crab Cakes

Island Rock Crab Cakes

INGREDIENTS:

1 package	(454g/1 lb)	Rock crab, frozen
5 mL	(1 tsp)	Paprika
2 mL	(1/2 tsp)	Cayenne pepper
2 mL	(1/2 tsp)	Garlic powder
2 mL	(1/2 tsp)	Dry mustard
30 mL	(2 tbsp)	Mayonnaise, light
60 mL	(1/4 cup)	Panko breadcrumbs
125 mL	(1/2 cup)	Sweet pepper (any colour), cut in small dice
2		Green onions, chopped
2		Eggs, lightly beaten
60 mL	(1/4 cup)	Panko breadcrumbs

AIOLI SAUCE (Serves 5)

INGREDIENTS:

75 mL (1/3 cup)	Mayonnaise, light
	Juice from 1/2 lime
15 mL (1 tbsp)	Plain Greek yogurt, 2% M.F.
1 clove	Garlic, minced

METHOD:

1. Stir to combine.
2. Serve with Island Rock Crab Cakes.

Serves 5

METHOD:

1. Defrost rock crab and allow to drain in a colander. Squeeze out any remaining liquid.
2. In a large bowl, stir together drained rock crab, spices, light mayonnaise, first 60 mL (1/4 cup) breadcrumbs, sweet pepper, green onions, & eggs.
3. Preheat oven to 220°C (450°F).
4. Place second 60 mL (1/4 cup) breadcrumbs in a shallow pie plate.
5. Shape rock crab mixture into 60 mL (1/4 cup) balls. Roll each in crumbs, flatten slightly, and place on a baking sheet lined with parchment paper.
6. Bake in preheated oven for 30 minutes, turning after 15 minutes for even browning. Serve immediately with Aioli Sauce.

Nutrition Facts

Per Serving

Amount Per Serving	
Calories 251	
	% Daily Values*
Total Fat 11g	17%
Saturated Fat 2g	10%
+ Trans 0g	
Cholesterol 154mg	
Sodium 543mg	23%
Potassium 497mg	14%
Total Carbohydrate 12g	4%
Fibre 1g	
Sugars 3g	
Protein 25g	

Vitamin A 12%	•	Vitamin C 43%
Calcium 9%	•	Iron 12%
Niacin 44%	•	Vitamin B12 490%

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Cauliflower with Mustard-Lemon Butter

Cauliflower with Mustard-Lemon Butter

Adapted from Fairchild, Barbara: "The Bon Appétit Fast Easy Fresh Cookbook." John Wiley & Sons, Inc., Hoboken, New Jersey, 2008.

INGREDIENTS:

1		Small head cauliflower, about 800 g ($1^{3/4}$ lb)
1 mL	(1/4 tsp)	Salt
30 mL	(2 tbsp)	Butter
15 mL	(1 tbsp)	Olive oil, extra virgin
30 mL	(2 tbsp)	Dijon mustard, whole grain
30 mL	(2 tbsp)	Lemon juice, fresh
7 mL	($1^{1/2}$ tsp)	Lemon peel, finely grated
15 mL	(1 tbsp)	Parsley, fresh, chopped

Serves 6

METHOD:

1. Preheat oven to 200°C (400°F). Butter rimmed baking sheet.

2. Cut cauliflower in half, then cut crosswise into 6 mm (1/4 inch) slices. Arrange slices in single layer on prepared baking sheet; sprinkle with salt. Roast until cauliflower is slightly softened, about 15 minutes.

3. Meanwhile, melt butter in small saucepan over medium heat. Whisk in olive oil, mustard, lemon juice, and lemon peel.

4. Spoon mustard-lemon butter evenly over cauliflower and roast until tender-crisp, about 10 minutes longer.

5. Transfer cauliflower to platter. Sprinkle with parsley and serve warm or at room temperature.

Nutrition Facts

Per Serving

Amount Per Serving	
Calories 94.5	
	% Daily Values*
Total Fat 7g	11%
Saturated Fat 3g	16%
+ Trans 0.2g	
Cholesterol 11mg	
Sodium 223mg	9%
Potassium 415mg	12%
Total Carbohydrate 7g	2%
Fibre 3g	
Sugars 3g	
Protein 3g	

Vitamin A 4%	•	Vitamin C 113%
Calcium 3%	•	Iron 5%
Niacin 6%	•	

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Preparing Healthy Meals from PEI's Heritage Ingredients

Chocolate Yogurt Pudding

Chocolate Yogurt Pudding

INGREDIENTS:

500 mL	(2 cups)	Plain Greek yogurt, 2% M.F.
85 g	(3 oz)	Semi-sweet or bittersweet chocolate

METHOD:

1. Cut chocolate into small pieces, and melt in a double boiler over gently simmering water, or melt at MEDIUM setting in microwave. Do not overcook the chocolate.

2. Quickly stir melted chocolate into yogurt, whisking to combine. Spoon into 4 individual dessert dishes, cover, and chill until serving time.

3. Spoon fruit, such as fresh raspberries or PEI Wild Blueberry Sauce (see recipe), over pudding before serving.

PEI Wild Blueberry Sauce

INGREDIENTS:

250 mL	(1 cup)	Wild blueberries, fresh or frozen
		Juice of 1/2 lime
15 mL	(1 tbsp)	Sugar
5 mL	(1 tsp)	Cornstarch, stirred into 15 mL (1 tbsp) cold water

METHOD:

1. In a small saucepan, heat blueberries, lime juice and sugar over medium-high heat, stirring frequently. When it comes to a boil, stir in cornstarch slurry, reduce heat to medium-low, and stir constantly until mixture thickens. Remove from heat and chill until serving time.

2. Spoon sauce over Chocolate Yogurt Pudding.

Serves 4

Nutrition Facts

Per Serving

Amount Per Serving	
Calories 232	
	% Daily Values*
Total Fat 9g	13%
Saturated Fat 5g	25%
+ Trans 0g	
Cholesterol 8mg	
Sodium 95mg	4%
Potassium 409mg	12%
Carbohydrate 31g	10%
Fibre 2g	
Sugars 26g	
Protein 12g	

Vitamin A 2%	•	Vitamin C 13%
Calcium 23%	•	Iron 6%
Niacin 6%	•	Vitamin B12 35%

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