



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

# Crab Cake Medallions



*the taste of fresh*

## RAW PORTION CRABCAKES THAT ARE READY TO SAUTE OR BAKE.

A versatile blend of crabmeat and seasoning that when cooked has a moist and rich texture. Portion size is designed to be served with your favorite seafood sauce or for stuffing a variety of seafood items.

### AVAILABLE:

Packed:  
80/2 oz. portions

### FRESH FACTS:

- Crabmeat and seafood cake with a roux base
- Designed to stay moist for extended period
- Sauté or bake in oven
- Perfect for buffet service or part of a seafood combo platter
- Thaw and use for stuffing with Shrimp, Tilapia, Flounder or Pangasius



*the taste of fresh serving suggestions*

## PAN FRIED CRAB CAKE MEDALLIONS WITH ORANGE HORSERADISH BUTTER SAUCE



### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION



8 pcs. **Crab Cake Medallions**,  
1 1/2 cup quality orange marmalade with rind  
1 small shallot, minced fine  
Pinch of fresh cilantro herb, chopped fine  
2-3 tbsp. olive oil

4-5 tbsp. salted butter, cut into small cubes  
1 tbsp. prepared horseradish, well drained  
1/4 cup dry white wine  
Salt and pepper to taste

### CRAB CAKE MEDALLIONS NUTRITIONAL INFORMATION

Serving Size: 2 oz.

#### Amount Per Serving

**Calories** 90 Calories From Fat 25

		% Daily Value*
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	<b>0%</b>
<b>Cholesterol</b>	45mg	<b>15%</b>
<b>Protein</b>	8g	<b>14%</b>
<b>Iron</b>	.069mg	<b>2%</b>
<b>Sodium</b>	140mg	<b>6%</b>
<b>Omega-3</b>	0mg	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### DIRECTIONS

Begin by preheating a medium sized sauté pan with about 2 tablespoons olive oil. Carefully add crab cake medallions to pan. Sauté for 4-6 minutes per side. While cooking preheat a small sauce pan to medium high heat. Add about 1/2 tablespoon olive oil along with shallots and lightly sweat for 2-3 minutes. Deglaze pan with white wine and let evaporate almost completely. Add orange marmalade and reduce heat to a light simmer for about 3-4 minutes. Quickly add raw butter to sauce, blending well. Sauce should thicken up nicely. Remove from heat and add well drained prepared horseradish and cilantro herb. Season with salt and pepper to desired taste. Makes for a nice dinner appetizer.

**Yields 4 servings**

**INGREDIENTS:** Crabmeat, white fish, crab base, dehydrated potato, onions, celery, butter, flour, bread crumbs, dry mustard, seasoning, dried parsley and cumin spice. (may contain shells)



Created in the Kitchens of Rastelli Seafood, LLC Egg Harbor City, NJ