





makes 16 | prep 20 minutes | cook 25–35 minutes

## CARIBBEAN CRAB CAKES

1 potato, peeled and cut into chunks  
pinch of salt  
4 scallions, chopped  
1 garlic clove, chopped  
1 tbsp chopped fresh thyme  
1 tbsp chopped fresh basil  
1 tbsp chopped fresh cilantro  
8 oz/225 g white crabmeat, drained if  
canned and thawed if frozen  
1/2 tsp Dijon mustard  
1/2 fresh green chili, seeded and  
finely chopped  
1 egg, lightly beaten  
all-purpose flour, for dusting  
sunflower-seed oil, for pan-frying  
pepper  
lime wedges, to garnish  
dip or salsa of your choice, to serve

Put the potato in a small pan and add water to cover and the salt. Bring to a boil, then reduce the heat, cover, and let simmer for 10–15 minutes until softened. Drain well, turn into a large bowl, and mash with a potato masher or fork until smooth.

Meanwhile, put the scallions, garlic, thyme, basil, and cilantro in a mortar and pound with a pestle until smooth. Add the herb paste to the mashed potato with the crabmeat, mustard, chili, egg, and pepper to taste. Mix well, cover with plastic wrap, and let chill in the refrigerator for 30 minutes.

Sprinkle flour onto a large, flat plate. Shape spoonfuls of the crabmeat mixture into small balls with your hands, then flatten slightly and dust with flour, shaking off any excess. Heat the oil in a skillet over high heat, add the crab cakes, and cook in batches for 2–3 minutes on each side until golden. Remove with a slotted spoon and drain on paper towels. Set aside to cool to room temperature.

Arrange the crab cakes on a serving dish and garnish with lime wedges. Serve with a bowl of dip or salsa.

