

## Mock Crab Cakes

These tempting little morsels are easy to prepare and provide a great introduction to tempeh, a healthful soy food. Prepare the cakes, breading, and tartar sauce ahead. Then bread the patties and cook them in 5 minutes. Serve as appetizers or as a main dish with a salad of fresh greens and sourdough bread. Makes 14-16 2" patties.

- 1 cup firm tofu, crumbled
- 1 8 ounce package tempeh
- 2 tablespoons tamari or soy sauce
- 2 tablespoons fresh lemon juice
- 1 teaspoon kelp powder
- 3/4 teaspoon dry mustard
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne
- 3/4 cup onion, minced
- 1/3 cup unbleached white flour
- 1/3 cup vegetable stock, water, or soymilk
- Breading: Blend the following ingredients and spread on a plate.
- 1/2 cup breadcrumbs or crushed crackers
- 1 teaspoon paprika
- 1 teaspoon basil, dried
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

Crumble tofu and set aside. Steam tempeh in a covered pan with a steamer rack for 20 minutes.

Whisk tamari, lemon juice, kelp powder, dry mustard, black pepper, and cayenne in a large mixing bowl. Set aside.

In a small pan mince onion and saute it in a little water until translucent. Sprinkle the flour over the onions, adding a few drops of water if necessary, and stir until smooth; then whisk in stock. Transfer the onion mixture to the bowl with the tamari, lemon juice, etc.

Grate or crumble steamed tempeh, then add it and the tofu to the bowl with the other ingredients, and blend well. Form the mixture into little balls, and gently press them down into 2" patties. Coat both sides with breading. Pan fry (about 2-3 minutes per side) in 2 tablespoons of olive oil and drain on absorbent paper. Serve hot with a dab of tartar sauce on top (recipe below) or with cocktail sauce.

Adapted by Kay Bushnell from a recipe by Lightlife Foods.

Tartar Sauce (regular): (yields 1 cup)

- 1/2 cup egg-free mayonnaise (try "Nayonaise")
- 1 tablespoon sweet pickle relish
- 1 tablespoon minced onion
- 1 tablespoon minced parsley
- 1/2 tablespoon chopped capers

Tartar Sauce (low fat): (yields 1+ cup)

- 6 ounces firm silken tofu
- 1-1/2 teaspoons lemon juice
- 1-1/2 teaspoons apple cider vinegar
- 1/4 teaspoon salt
- Blend until smooth, then add the following.
- 1 tablespoon sweet pickle relish
- 1 tablespoon minced parsley
- 1 tablespoon minced onion
- 1 tablespoon chopped cap

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