

# AHF National Culinary Competition

## Recipe Name:

*Andouille Crab Cakes with Praline Sweet Potato Mash, Eggplant Dirty Rice, Red bean Sauce, and Remoulade*

**Full Recipe: Andouille Crab Cake, Eggplant & Collard Greens Dirty Rice, Pecan Praline Mashed Sweet Potatoes, Okra Relish, with a Red Bean sauce and Remoulade**

- Prep Time: 25 minutes
- Cook Time: 40 minutes
- Yield: 6 portions

## Creole Seasoning Blend

**Spice blend for recipes**

**Yield 12 teaspoons**

1 teaspoon Kosher salt  
1 Tablespoon Ground Smoked Paprika  
1 teaspoon Granulated Onion  
2 teaspoons Granulated Garlic  
1 teaspoon Ground Cayenne Pepper  
1 teaspoon Ground White Pepper  
1 teaspoon Ground Black Pepper  
1 teaspoon Fresh Minced Thyme  
1 teaspoon Fresh Minced Oregano

## Method of Preparation:

1. Remove thyme and oregano from stems. Mince thyme and oregano and place in stainless steel bowl or food safe container.
2. Add the remainder of ingredients to minced thyme and oregano. Mix ingredients well.
3. Transfer to Food safe container and reserve for later use.

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## Creole style mayo

**House Made Mayo for recipes**

**Yield 4 Cups**

1 Tablespoon Lemon Juice  
2 Large Shelled Egg  
1/4 teaspoon Mustard Powder  
1/4 teaspoon Apple Cider Vinegar  
1 Tablespoon Fresh Garlic, Chopped  
1 Cup Canola Olive oil Blend 75/25  
2/3 Tablespoon Creole Seasoning

**Method Of Preparation:**

1. In a 32-ounce deli container or mason jar first crack and add eggs, mustard powder, apple cider vinegar, chopped garlic, and lemon juice. Then add oil and creole seasoning.
  2. Place the Immersion Blender into the container full of the ingredients. Turn the immersion blender on high slowly raising the blender to slowly blend and emulsify the ingredients and bring the mayo together.
  3. Reserve chilled for later recipes.
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**Holy Trinity  
Vegetable Blend for recipes  
Yield 4 Cups**

1 cup Celery, Small Dice  
1/2 cup Green Peppers, Small Dice  
1/2 cup Red Peppers, Small Dice  
2 cups Yellow onions, Small dice

**Method of Preparation:**

1. Clean, trim, and small dice celery. Place diced celery in food safe bowl.
  2. Clean, trim, and remove seeds & stems from both red and green peppers. Small dice Both peppers and to bowl with celery
  3. Clean, trim, and small dice yellow onions. Add to the bowl with peppers and celery.
  4. Mix vegetables in bowl. Reserve for later use
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**Component 1  
Pecan Praline Mashed Sweet Potatoes  
Yield 6**

.7 pounds Sweet Potatoes  
2 cups Water  
1 ounce chopped Pecans  
.15 ounce Unsalted Butter  
1/2 teaspoon Brown Sugar

3/4 teaspoon Creole Seasoning  
.15 ounce Unsalted Butter  
.75 ounce 1% Milk

**Method of Preparation:**

1. Clean and peel sweet potatoes, Dice into 1 inch cube. Place potatoes in 2-quart pot with 2 cups of water. Heat over Medium-High heat, bring to boil and continue to cook potatoes until soft. About 8-10 minutes.
2. While Potatoes are boiling, in a nonreactive pan toast chopped Pecans under medium heat. Shake or stir pecan continuously so they toast evenly, about 2 minutes. Add .15 ounce butter, brown sugar, and creole seasoning. Continue to cook under medium heat while stirring until nuts and sugar caramelize, about 2-3 minutes. Remove from heat and reserve for the next steps.
3. When potatoes are ready, drain the potatoes using strainer or colander. Transfer potatoes to stainless steel mixing bowl. Mash potatoes using whisk or mixer. Add .15 ounce softened butter to the potatoes. Whisk until butter is fully incorporated. Slowly add milk until desired consistency is achieved (Do not add all milk at once since water retained by potatoes can vary). Fold in pecans to mashed sweet potatoes.
4. Cover and keep warm for service.

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**Component 2****Eggplant & Collard Green Dirty Rice****Yield 6**

2/3 cup Basmati Rice  
1/2 teaspoon Kosher Salt  
1+1/10 cup Water  
3/4 teaspoon Canola Olive Oil Blend 75/25  
.9 cup Holy Trinity  
1+3/4 Tablespoon Garlic, Chopped  
5.25 ounce Eggplant, Diced  
3.5 ounce Collard Greens, Chopped  
1 Tablespoon Creole Seasoning  
3/4 Cup Water

**Method of Preparation:**

- 1 In a 1 quart sauce pan combine Basmati Rice and 1.1 cup water. Bring to a simmer over medium heat. Reduce to low heat and simmer for 8 minutes covered
- 2 While rice is cooking. Heat a medium size skillet over medium heat, add oil and heat oil to a simmer. Add trinity to oil and sauté for 2-3 minutes, add garlic and continue simmering for 30 seconds to a minute. Add eggplant, collard greens, and creole seasoning, continue to sauté for 3-4 minutes.
- 3 Reduce temperate under vegetables to medium-low, add rice and remaining ¾ cup water to sautéed vegetable. Mix all ingredients making sure to scrape the bottom of pan to incorporate fond. Continue to cook under low heat until water is cooked off.
- 4 Cover and reserve warm for service.

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### **Component 3**

#### **Protein**

#### **Andouille Crab Cake**

#### **Yield 6**

1/2 cup Holy Trinity  
1 each Large Egg  
3 ounces creole style mayo  
1 tablespoon Spicy Brown Mustard  
2 ounces andouille sausage  
1 cup panko breadcrumbs  
1 tablespoon fresh dill  
2 teaspoons creole seasoning  
12 ounces Jumbo Lump Crabmeat  
1/5 cup canola olive oil blend 75/25

#### **Method of Preparation:**

- 1 Heat small sauté pan over medium heat, dry sauté trinity until softened. Remove trinity from heat and allow it to cool.
- 2 While trinity is cooling line a 1/2 sheet pan with parchment paper. Line 2<sup>nd</sup> 1/2 sheet pan with paper towels.
- 3 In a stainless-steel mixing bowl whisk the egg. To the egg whisk in creole style mayo, spicy brown mustard, and creole seasoning.
- 4 Pick and chop dill, add to egg mayo mixture
- 5 Mince andouille sausage, add to mayo mixture. Add panko to mixture and mix together
- 6 Add crabmeat to mixture in bowl gentle fold into mixture ( be careful to maintain the form of the crabmeat).
- 7 Place 3 inch ring mold on lined sheet pan. Using a #12 green Disher scoop portion 3 ounces of crab cake batter into ring mold. Press down on batter to form a tight patty. Carefully remove ring mold and repeat the process for remaining batter.
- 8 Add oil to medium skillet heat over medium-high heat until oil is simmering but not smoking. When oil is ready carefully place crab cake in oil cook for 2-3 minutes using slotted fish spatula carefully flip crab cake continue cooking for 2-3 minutes. Remove from oil and place on paper towel lined sheet pan to drain. Repeat process for remaining crab cakes.
- 9 Reserve warm for service.

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### **Component 4**

#### **Sauce 1**

#### **Remoulade**

#### **Yield 6**

2.4 ounces Creole Style Mayo  
.6 Tablespoon Spicy Brown Mustard  
3/4 teaspoon Garlic, Minced

3/4 teaspoon Lemon Juice  
1/3 teaspoon Creole Seasoning

**Method of Preparation:**

- 1 Finely mince the fresh garlic. Add garlic to small stainless steel mixing bowl. To the garlic add the mayo, mustard, lemon juice, and creole seasoning. Whisk the ingredients well.
- 2 Chill and reserve for later use

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**Component 5**  
**Sauce 2**  
**Red Bean Sauce**  
**Yield 6**

1/2 cup holy trinity  
1 teaspoon Canola Olive Oil Blend 75/25  
1 Tablespoon Creole Seasoning  
3 Tablespoon Fresh Garlic Chopped  
1 Cup canned Red Beans, drained  
3/4 Cup beef broth  
1/2 Cup Unsweetened Coconut Milk  
1/8 teaspoon Xanthan Gum Powder

**Method of Preparation:**

- 1 Heat sauté pan over medium heat, add oil heat, add holy trinity. Sauté and sweet trinity, add garlic and continue to sauté for 30 seconds to a 1 minute, and drained red beans continue sautéing for one minute.
- 2 Transfer red beans and trinity to blender and beef stock. Blend until smooth, run red bean puree through fine mess strainer back into sauté pan. Add coconut milk to red bean sauce, return to heat over medium-low heat until heated through stirring occasionally so not to scald bottom of sauce. Once heated through transfer to heat safe container.
- 3 Add xanthan gum to sauce using immersion blender, blend sauce until smooth. Cover sauce with plastic wrap making sure that plastic wrap is in contact with sauce so that a skin does not form on sauce.
- 4 Reserve warm for service.

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**Component 6**  
**Salad**  
**Okra Relish**  
**Yield 6**

1 teaspoon Canola Olive Oil Blend 75/25  
2.5 ounces Fresh Okra  
1/2 cup Holy Trinity

1/2 cup Creole Seasoning  
2 tablespoons Lemon Juice  
1/5 cup Cherry Tomatoes

**Method of Preparation:**

- 1 Half cherry tomatoes, on a bias thinly slice okra to 1/16 of an inch.
  - 2 Heat sauté pan, add oil and heat oil to a simmer, add holy trinity and sauté over medium heat for 2-3 minutes, turn heat up to medium-high heat add okra and continue sauté for 2 minutes. Reduce heat to medium-low add halved tomatoes, Creole seasoning, and lemon juice. Continue to sauté until lemon juice is cooked off.
  - 3 Transfer to heat safe container and reserve warm for service.
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**Component 7**  
**Garnish**  
**Lemon Wedges**  
**Yield 6**

1 Each Lemon

**Method of Preparation:**

- 1 Clean and trim both ends of the lemon, slice lemon into 8 equal wedges by slicing the lemon in half lengthwise. Slice each half lengthwise again, slice each section in half lengthwise one last time.
  - 2 On a heat safe surface place lemon sections rind side down membrane side up. Using a blowtorch or cream Brulé torch brown the membrane sides of each of the lemons.
  - 3 Let lemons cool before touching
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**Component 8**  
**Garnish**  
**Cilantro**  
**Yield 6**

3 Tablespoons Fresh Cilantro Micro Greens

**Method of Preparation:**

- 1 Separate 3 tablespoons of the smaller tendrils of cilantro microgreens in preparation of service.
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*Plating:*

**To Plate and Serve:**

- 1 Lay out 6 10–11-inch white plates.
- 2 Transfer component 4 Remoulade sauce and component 5 red bean sauce to squirt bottles.
- 3 Place 3-inch ring molds at 2 and 3 o'clock on the plate one inch away from the rim.
- 4 Using a #12 Disher scoop portion 2 ounces of component 2 Eggplant & Collard Green Dirty rice into ring mold, pack rice down tightly so it will hold its shape and support weight of other components.
- 5 On top of the Component 2 Eggplant & Collard Green Dirty rice place 2 ounces of component 1 Praline Mashed Sweet Potatoes and sweet and pack into the ring mold. Gently remove the ring mold by sliding it up and over component 1 & 2.
- 6 Gently Pick up Component 3 Andouille Crab Cake and place it gently onto the tower of component 1 & 2.
- 7 Take the squirt bottle with component 4 Remoulade sauce. You will be making 4 dots of sauce starting at just left of 12 o'clock 1 inch down from the rim. With the first dot being just slightly smaller than a dime. In the shape of a crescent around the stack of components 1-3 make 3 more dots of component 4 about 1/2 inch apart with each dot being slightly larger then the last, with the last dot of component 4 being just slightly larger than a nickel.
- 8 Using the squirt bottle with component 5 Red Bean Sauce, you will make 6 dots with each increasing slightly in size compared to the last. Starting 1/4 an inch left of component 4 create your first dot about 1/2 the size of a dime. Then following the arch of component 4 make 5 more dots with each slightly increasing in size. The last dot of component 5 should be about the size of a quarter, and end 1/4-1/2 inch from the last dot of component 4.
- 9 From now on 6 o'clock will serve as the front of the plate that is closest to the guest.
- 10 Take 1/2 ounce of component 6 Okra relish and carefully place on top of component 3 Andouille Crab Cake between 10 & 11 o'clock.
- 11 Take component 7 Lemon Wedge and place on top of component 3 Andouille Crab cake leaning against component 6 Okra relish with the rind facing away from the guest.
- 12 Take a 1/2 Tablespoon of component 8 Cilantro Micro Greens, gently Place component 8 on top of component 3 Andouille Crab Cake at 6 o'clock between component 6 & 7

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***Specialty Equipment Used:***

- #12 Green Disher Scoop
- #16 Blue Disher Scoop
- Immersion Blender
- Blender
- Blowtorch
- Strainer
- Fine Mesh Strainer
- 2 Squirt bottles
- 3-inch ring molds

# Recipe Analysis Report

Detail Information Per Portion

## crab cake plate

Yield: 1  
Portion: 1 each

Category:

Nutrient Link	Source	Grams	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Sodium (mg)	Iron (mg)
Lemons,Raw,without Peel, fruit,2-3/8" dia	USDA	7	2	0.1	0.0	0.7	0	2	0	0.04
Okra Relish	UserRecs	33	12	0.4	0.6	1.5	0+	11+	34	0.09+
Ramulade	UserRecs	14	70	0.5+	7.1	0.4	12+	4+	33	0.10+
Red Bean Sauce	UserRecs	28	25	0.7	1.6	2.4	0+	4+	45	0.25+
Coriander(Cilantro)Leaves,Raw, 1/4 cup	USDA	0	0	0.0	0.0	0.0	0	0	0	0.01
Eggplant & Collard Greens Dirty Rice	UserRecs	140	76	1.9	0.7	15.8	0+	35+	154	0.74+
Praline Sweet Potatos 2	UserRecs	57	33	0.5	2.1	3.6	1+	10+	43	0.19+
Andouille Crab Cakes	UserRecs	75	151	9.4+	9.7	5.3	70+	42+	265	0.47+
Totals Per Portion		355	371	13.5+	21.7	29.8	84+	108+	574	1.88+
Totals Per 100 Grams		100	105	3.8+	6.1	8.4	24+	30+	162	0.53+
Actual Calorie Distribution / Portion				54.0	195.4	119.1				
Daily Value			2000	50.0	78.0	275.0	300	1300	2300	18.00
Recommended Calorie Distribution (%)				15.0	30.0	55.0				
Percent Calorie Distribution (%)				14.6	52.7	32.1				

+ Indicates nutrient value calculated from partial information.



