

## Vegan Crab Cakes

These Vegan Crab Cakes are crunchy on the outside, yet moist and flaky on the inside. They can be enjoyed as an appetizer, side or a main dish.

Prep Time: 15 minutes  
Total Time: 30 minutes (does not include 20 minutes freezer hold)  
Servings: 6  
Storage: 5 days in airtight container in refrigerator  
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### Ingredients

- 4 cups of oyster mushrooms (Enoki or Seafood mushrooms), cleaned, broken in pieces with stems trimmed off
- 15 oz hearts of palm, drained, rinsed and cut into large chunks
- 15 oz artichoke heart, drained and rinsed
- 2 tbsp ground flaxseed
- 4 tbsp warm water
- ½ cup white onion, chopped
- 1 garlic clove, minced
- 1/2 cup red pepper, small dice
- 1/4 cup celery, small dice
- 1 tsp Nori furikake
- ¾ cup Panko breadcrumbs (+ more for breaded coating)
- 1 tsp garlic powder
- 1 tsp Old Bay seasoning
- 1 tsp parsley
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp lemon juice and zest
- 1 tbsp Dijon mustard
- 1/3 cup vegan mayo
- 1 tbsp vegetable oil

### Vegan Crab Cake Sauce

- ½ cup vegan mayo
- ¼ cup Dijon mustard
- 1 tsp lemon juice
- 1 tsp lemon zest
- ½ tsp black pepper
- 2 tbsp capers

## Instructions

Put the mushrooms in a food processor (or blender) and chop for about 5 seconds. Transfer to a large bowl. Do not skip this step because the crab cakes will fall apart while frying if they're not finely chopped.

In a small dish mix together the flaxseed and water until it has a runny consistency like an egg, Mix the "egg "in with the mushrooms.

In a skillet, sauté garlic, onion, celery and pepper on medium heat for about 5 minutes.

In another bowl, combine the dry ingredients of breadcrumbs, garlic powder, Old Bay, Nori furikake, parsley, salt, and pepper.

Mix dry ingredients with mushrooms. Next, mix in cooked ingredients, lemon juice, Dijon mustard and mayo. Place mixture in the freezer for 20 minutes. This helps the mixture stay together a bit better.

Place enough breadcrumbs onto a shallow plate that will coat patties evenly. Take mixture out of freezer. Place about 1/4 cup of mixture into your hands to form a ball. Then gently flatten to form it into a patty shape. Coat patty in the breadcrumbs on each side. Place aside and continue until the mixture is gone.

Heat a large skillet over medium heat (about 2-3 minutes). Add about 2 tablespoons of oil and wait until it gets hot and shimmery before adding the patties. If you place the patty in the pan, and you hear it sizzle, it is ready.

Place about 3-4 patties in pan at one time not to overcrowd the pan because they will not cook properly. Pan-fry them about 3-4 minutes on each side, or until light golden brown. Try to only flip each patty once. When done, transfer the patties to a paper towel-lined plate to absorb excess oil. Wipe out pan before the uncooked patties are added. Add fresh oil and continue until all patties are complete. Best enjoyed hot with vegan tartar sauce, a lemon wedge and top with chopped green onions. Enjoy!

## Notes

- If you cannot find Nori furikake, you can substitute kelp granules, dulse flakes, dulse granules or break up a small piece of nori. If you do not want the ocean-like flavor, you can omit the seaweed altogether. It will still be delicious!
- If the mixture is too wet for your taste, AFTER it comes out of the freezer, you can add a 1/4 cup of breadcrumbs into it. Combine well.
- The prep time does not include the 15-20 minutes freezing time.
- If you want to make a healthier version of this dish, you can bake these. Just set your oven to 400 degrees F. and bake about 8-10 minutes on each side. Make sure to lightly grease your baking sheet too.

## Sauce

Mix all ingredients together and serve