

Ida B's Table Crab Cake (Gluten Free)

Yield: 4- 8oz. Crab Cakes

4 oz.	Jumbo lump crab meat
3 oz	Super lump crab meat
8 oz.	Lump crab meat
8 oz.	Special crab meat
4 oz.	Claw
1 Cup	Wet Mix (see recipe below)

Directions:

In a medium size bowl combine the lump and special crabmeat. Carefully breaking the lump and special crabmeat while mixing them together with your fingers. Fold in the wet mix with a spatula, mixing until the mixture is evenly incorporated. Carefully add in the super lump crabmeat being cautious not to break the lumps. Once this is completed, gently add in the jumbo lump crab meat into the crab cake mixture. The key is to be extra watchful not to break the lumps. Once the mixture is completed refrigerate for at least one hour. After one hour or longer portion into 8 oz. portions and return to your refrigerator until you are ready to cook the crab cakes. The crab cakes may be broiled or grilled on a flat top grill to a minimum internal temperature of 155 degrees Fahrenheit. Please do not fry these crab cakes.

Ida B's Table Crab Cake Wet Mix

Yield: 1 cup

7 oz.	Mayonnaise
1 each	Large egg
1.5 tablespoon	Fresh lemon juice
1.5 tablespoon	Worcestershire sauce
2 tablespoons	Dijon mustard
2 teaspoons	Old Bay (McCormick Brand)
1 teaspoon	Fresh chopped parsley

Directions:

In a medium size bowl whisk the mayonnaise and egg together. Slowly add the Dijon mustard and lemon juice. Once completely mixed well add the Worcestershire sauce, parsley and Old Bay. Refrigerate until chilled.

Ida B's Table Beet Salad

Yield: 4 Servings

8 oz.	Arugula (washed and destemmed)
4 oz.	Radicchio (washed and julienne)
2 oz.	Julienned red onions
2 oz.	Roasted red beets
2 oz.	Roasted yellow beets
2 oz.	Spicy walnuts (see recipe below)
12 each	Orange segments
2 oz.	Goat cheese (optional)

Directions:

In a large bowl mix the arugula and radicchio, toss in enough dressing to coat the lettuce. Place four equal portions on four plates. Top the salad with equal servings of each of the remaining ingredients. Serve immediately after preparing.

Spicy Walnuts

Yield: 1 Cup

1 cup	Walnuts
1 tablespoon	Water
1 tablespoon	Honey
1 teaspoon	Extra virgin olive oil
<i>***reserve the ingredients below until walnuts are roasted</i>	
2 tablespoons	Sugar
1/8 teaspoon	Cayenne pepper
1 teaspoon	Kosher salt

Directions:

Pre- heat your oven to 350 Degrees Fahrenheit. In a medium size bowl toss the walnuts in the honey, water, and EVOO (extra virgin olive oil) until evenly coated. Once evenly coated spray a small sheet pan and roast the walnuts for approximately 10 minutes or until toasted. Once toasted while still hot toss the walnuts in a clean bowl with the reserved ingredients (sugar, Cayenne pepper, and salt). Allow to cool prior to added to the salad. Reserve any left overs for a snack or future salad toppings.

Ida B's Table Beet Salad Vinaigrette

Yield: 1 Cup

2 tablespoon	Prepared horseradish
2 each	Clove garlic (minced)
1 half	Shallot (minced)
3 tablespoon	Honey
1/4 cup	White wine vinegar
3/4 cup	EVOO (extra virgin olive oil)
Pinch	Sea salt
Pinch	Ground black pepper
1 tablespoon	Fresh chopped parsley

Directions:

In a medium size bowl whisk the ingredients and reserve. You could use a small food processor if available. Refrigerate until chilled. This could be made ahead of time. *If you like a lot of dressing you can double this recipe. You can always save it for later.