

GOURMET FISHING

Season III - Episode XXXX



INFO-SHORTS



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Devil Crab Cakes
served with Fresh Corn and
Black Eyed Pea Succotash



Host, Chef & Guide, David Murray





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Devil Crab Cakes





Grocery List

Fresh Corn and Black Eyed Pea Succotash

Sautéed Corn

Fresh Corn

Butter

Agave Nectar or

Honey

Fresh Thyme

Fresh Long Leaf

Parsley

Heavy Cream

Salt

Cayenne Pepper

Black-Eyed Peas

Small Ham Hock

Chicken Stock

Sweet Onion

Butter

Salt

Cayenne Pepper

Fresh Thyme

Fresh Long Leaf Parsley

Black-Eyed Peas



Fresh Corn and Black Eyed Pea Succotash Ingredients

Fresh Corn and Black Eyed Pea Succotash



4 Servings

Ingredients

Sautéed Corn

3-4 ears Fresh Corn
4 TBS Butter
1 TBS Agave Nectar or Honey
4 sprigs Fresh Thyme
2 Sprigs Fresh Long Leaf Parsley
2 TBS Heavy Cream
1 tsp Salt
1/2 tsp Cayenne Pepper

Black-Eyed Peas

Small Ham Hock
2 Cups Chicken Stock
1 small Sweet Onion, finely minced
2 TBS Butter
2 tsp Salt
1/2 tsp Cayenne Pepper
2 sprigs Fresh Thyme
2 Sprigs Fresh Long Leaf Parsley
1-2 Cans Black-Eyed Peas

Sautéed Corn

Cut the Corn from the cob. In a pan, melt 2 TBS of the butter over medium heat. Add the corn and toss to coat the corn with the butter. Add the Thyme and Parsley. Bruise the herbs. Add the salt and the agave nectar. Toss to mix well and sauté over medium heat for 5 minutes.

Add the remaining 2 TBS Butter and allow to melt down and toss. Next add the 2 TBS of Cream and toss again. Let sauté for an additional 5-8 minute.

Black-Eyed Peas

Standard Pot

Heat the butter over medium heat in a pot. Add the minced onion and sauté for about 5 minutes until soft and translucent. Add the ham hock. Let the hock come to room temperature. Sauté for an additional 5 minutes while turning in the pot, occasionally. Add the salt, pepper, and the herbs. Stir to coat and slightly bruise the herbs as you stir to release their fragrant oils.

Add the chicken stock and then bring to a boil. reduce the heat and cook for about 16-20 minutes. Add the black-eyed peas and cook covered at a slow boil for 8-10 minutes.

Drain the peas and then add them to the sauté pan with the corn. Return the pan to a medium heat and sauté for an additional 5 minute. Discard the herbs and ham hock.

Fresh Corn and Black Eyed Pea Succotash



Pressure Cooker Pot

Heat the butter over medium heat in a pot. Add the minced onion and sauté for about 5 minutes until soft and translucent. Add the ham hock. Let the hock come to room temperature. Sauté for an additional 1 minutes while turning in the pot, occasionally. Add the salt, pepper, and the herbs. Stir to coat and slightly bruise the herbs as you stir to release their fragrant oils. Place the top of the Pressure Cooker Pot and bring up to steam. Reduce heat to about medium and then cook under pressure for about 8-10 minutes.

Remove the pot from the heat and relieve the pressure from the Pressure Cooke Pot per the manufacturer's instructions.

Add the black-eyed peas, replace the pressure top and bring back to steam and cook covered at a slow boil for 3-5 minutes.

Remove the pot from the heat and relieve the pressure from the Pressure Cooke Pot per the manufacturer's instructions.

Drain the peas and then add them to the sauté pan with the corn. Return the pan to a medium heat and sauté for an additional 2 minute. Discard the herbs and ham hock.

Serve hot and enjoy.



Grocery List

Devil Crab Cakes

- | | |
|------------------|--------------------|
| Mayonnaise | Garlic Powder |
| Sour Cream | Onion Powder |
| Dijon Mustard | Celery Seeds |
| Yellow Mustard | Paprika |
| Hot Sauce | Lemon Juice Powder |
| Butter | Parsley |
| Old Bay or Cajun | Thyme |
| Seasoning | Crab Meat |
| Cayenne Pepper | Panko Bread Crumbs |



Devil Crab Cakes Ingredients

Abacos Bar & Grill Devil Crab Cakes



7-8 Cakes

Ingredients

1/4 Cup Mayonnaise	1/2 tsp Onion Powder
1/4 Cup Sour Cream	1 tsp Celery Seeds
1 TBS Dijon Mustard	1 tsp Paprika
1 TBS Yellow Mustard	1 tsp Lemon Juice Powder
1 tsp Hot Sauce	1 TBS Parsley, Chopped
2 TBS Butter, room temperature	1 TBS Thyme, Chopped
1 1/2 tsp Old Bay or Cajun Seasoning	1 lb Crab Meat
1/2 tsp Cayenne Pepper	1/2-1 Cup Panko Bread Crumbs
1/2 tsp Garlic Power	

Combine all of the ingredients, except for the crab meat and bread crumbs, in a large bowl. Mix until combined well.

Fold in the crab meat to combine.

Fold in the bread crumbs to combine.

Let the mixture rest in the refrigerator for 20-30 minutes. This will tighten the mixture and hold together.

Make the cake using 1/3 cup of crab mixture.

Heat oven to 350°F.

Add about 2 TBS of oil to a frying pan over medium heat. When the oil begins to shimmer, add the cakes and cook for 3-3 minutes per side, until they are golden. Place in the preheated oven for 5 minutes and warm or hot throughout.





Gourmet Fishing



We catch fish, and then, We cook our catch...



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