

## *Cooke's Corner*

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### **Hill Billy Caviar**

Serve with dipping corn chips, on top of greens, in a wrap, or straight in a bowl! This is easy and does not last in our house!

#### Ingredients:

2 cans organic Black Beans

1 cans each organic Pinto beans and Black Eyed Peas

2 cans organic white corn or 2 ears fresh GMO free local corn

1 jar pimentos, no need to drain

1-3 jalapeno peppers chopped, you can use canned if fresh not available

1 Cup chopped onion, red is nice but I have used scallions, leeks and local candy onions

1 of each: organic red and green pepper, or whatever color is available and local

1 cup chopped organic celery (celery is one of the veggies on the "dirty list" of insecticide/pesticide use and is one that should be purchased organic if at all possible.

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½ cup vegetable oil

¾ cup apple cider vinegar

1 t salt

½ tsp pepper

1 T water

Rinse and drain beans. Combine the remaining vegetables. Bring liquids to boil and pour over the vegetable bean mix. Stir until combined. Refrigerate 2 hours and serve.

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## "Crab Cakes"

Think you need crab meat to satisfy your craving? Think again. This is **the** best crab cake I have ever tasted. Easier, cheaper and less temperamental than real crab meat. I could never make good crab cakes, always handled the crab meat too much. These come together beautifully and in the words of Bob: "OMG, Awesome!" I will leave out the other expletives!

Adapted From Crazy Sexy Kitchen, Kris Carr/Chad Sarno copyright 2012 by Crazy Sexy Wellness, LLC Published by Hay House

## Hearts of Palm Style Crab Cakes with Re'moulade

### Crab Cake

2 tsp ground Nori flake or 2 tsp kelp powder  
2 14 ounce cans hearts of palm  
¼ C finely diced onion  
¼ C diced red bell pepper  
3 T Veganaise or other vegan mayonnaise  
2 tsp Old Bay  
1 T Nutritional Yeast  
2 tsp arrowroot powder or cornstarch  
Sea salt and fresh ground pepper to taste  
2 T Panko bread crumbs or other vegan breadcrumbs, you could also use gluten free. (Vegan breadcrumbs will not have cheese in the ingredients)

Drain and pat dry hearts of palm. Pulse in food processor until consistency of crab meat. Combine dry ingredients. Combine chopped vegetables with wet ingredients. Mix wet ingredients with dry. Fold in "crab" and refrigerate for 1 hour. While refrigerating, make re'moulade.

### Re'moulade:

1 C Vegan Mayonnaise  
1 T ketchup  
1 T Dijon mustard  
1 tsp hot sauce (I used Franks) 1 tsp vegan Worcestershire sauce, 1 T fresh lemon juice, ¼ tsp sea salt  
2 tsp capers, minced  
2 tsp minced shallot  
1 tsp minced fresh parsley (Italian has the best flavor)  
2 tsp minced red bell pepper

Place all ingredients in food processor and blend on high for one minute. Set aside, covered. Keeps refrigerated for up to 1 week

### Assembling cakes:

Combine 1 Cup Panko Bread crumbs and 2 tsp Old Bay seasoning

Remove Crab mixture from refrigerator. Using large ice cream scoop, measure out portions of cakes. Coat the cakes with the crumbs and place on plate. I was able to make 8 large cakes; they could also be made smaller for appetizers or sides.

Return to refrigerator for 1 hour to firm

### Cooking cakes:

Frying: Place a sauté pan on medium/high. Add oil and heat for 1-2 minutes. Working in batches, sauté the cakes until browned on both sides and heated through, 2-3 minutes each side. Remove cakes to heat proof plate or baking sheet lined with parchment paper and

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keep warm in 200 degree oven until all cakes are cooked.

**Baking/Broiling:** Place cakes on oiled baking sheet or Silpat sheet. Broil 6 inches away from flame on boiler until golden brown, 2-5 minutes depending on your oven.

Serve with Re'moulade sauce. Large cakes will serve 4.

**Blender:** Start on low power setting and increase slowly until consistent blending occurs, blend until smooth and creamy.

**Food processor:** pulse until starting to combine then to high power to blend until smooth and creamy.

Chill for one hour and serve.

\*\*\*Important your avocado is ripe\*\*\*. If dates are really dry soak longer, or add more milk if needed.

And now: Dessert!

**Avocado Chocolate Mousse** (Easier than the traditional and no cholesterol)

Adapted from Vitamix.com

½ cup servings, makes about 4-6 servings

1 ripe Avocado

1 cup almond milk

2/3 cup dates, pitted and soaked (soak in water for about 1 hour)

½ cup cacao, cocoa or carob powder (I use baking cocoa powder, organic, free trade)

1/8 cup coconut oil (2 T)

Place all ingredients into Vitamix or other high power blender or food processor. If using Vitamix:

Select Variable 1, Turn machine on and slowly increase speed to Variable 10, then to high. Blend until smooth and creamy.

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