

Vegan Crab Cakes

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vegan-crab-cakes/](http://hellyeahitsvegan.com/vegan-crab-cakes/)

INGREDIENTS

- 2 c grated zucchini
- Salt
- 1 c bread crumbs or panko
- 1 tsp ground bay leaves
- ¼ tsp celery seed
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- ⅞ tsp ground white pepper
- ⅞ tsp nutmeg
- ⅞ tsp cloves
- ⅞ tsp allspice
- ⅞ tsp ginger
- ¼ tsp paprika
- dash red pepper flakes
- ¼ c silken tofu
- 1½ Tbsp vegan mayonnaise
- 1½ Tbsp lemon juice
- 1½ tsp Dijon mustard
- 1 tsp potato starch
- ¼ c fresh parsley, chopped
- oil for frying

COCKTAIL SAUCE

Stir together:

- ½ cup ketchup
- 2 tbsp horseradish
- 1 tbsp lemon juice
- Hot sauce to taste
- Salt and pepper to taste

TARTAR SAUCE

Stir together:

- ½ c vegan mayonnaise
- 1 Tbsp sweet pickle relish
- 1 Tbsp fresh parsley, minced
- 1 Tbsp lemon juice



PREPARATION

1. Place grated zucchini in a colander and sprinkle with salt. Set aside for at least 30 minutes.
2. In a large bowl, combine bread crumbs and spices.
3. In a small bowl, beat together tofu, mayo, lemon juice, mustard, starch, and parsley.
4. Scoop zucchini out of the colander and, with your hands, squeeze out as much excess liquid as you can.
5. Combine drained zucchini, bread crumb mixture and wet mixture and mix well. The batter will be dry, but you should be able to gather a ball of it in your hand without it falling apart.
6. Divide the batter into eight equal parts; shape into balls and flatten slightly into thick discs.
7. Heat a generous quarter inch of neutral oil in a skillet over medium-high heat.
8. When oil is hot, fry cakes in batches of four for a couple of minutes per side, or until nicely browned.
9. Serve hot, with lemon wedges, cocktail sauce and/or vegan tartar sauce.