



WHAT'S Cooking

GOURMET RECIPES FROM LOCAL CHEFS



Joshua Bessex/The Daily Astorian

The crab cocktail, left, and crab cakes, right, are easy-to-prepare recipes perfect for crab season.

Crab domination

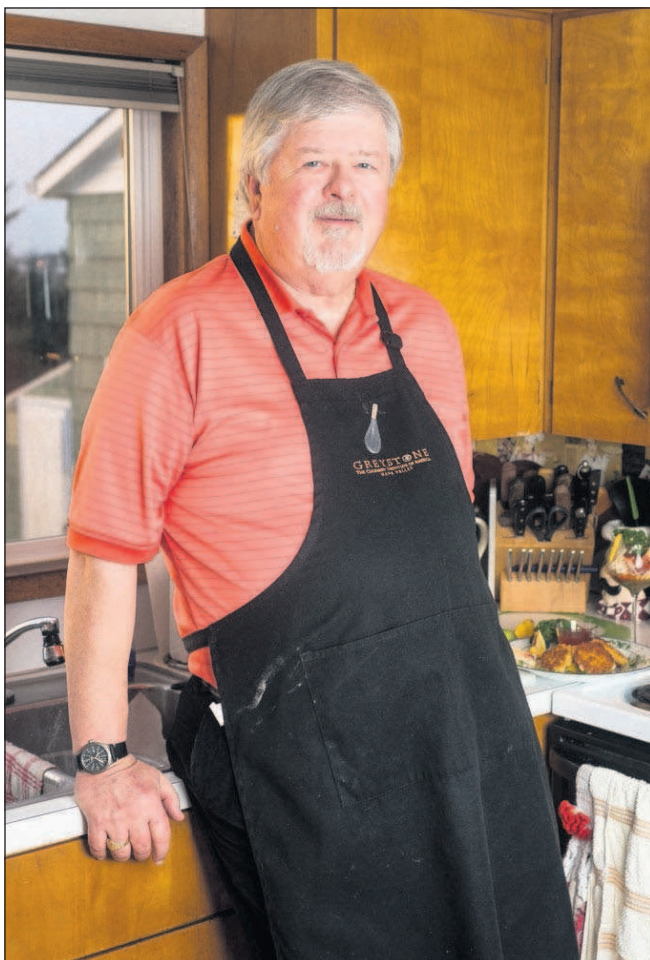
The Daily Astorian

Cliff Fick, a hospitality consultant who lives in Astoria, believes that simple recipes are best when started with outstanding ingredients like fresh Dungeness crab.

With the start of crab season, Fick shares his recipes for crab cakes and crab cocktail.

The crab cakes, he says, are great as an appetizer or as an entree served with mushroom risotto and roasted root vegetables.

"You want the crab taste to dominate," Fick says. "I like these best with Oregon Pinot Gris, an off-dry Riesling, or a French-style Pinot Noir Rose."



Cliff Fick in his kitchen.
Joshua Bessex
The Daily Astorian

Dungeness Crab Cakes

What you'll need:

- 8 ounces of Dungeness crab meat
- 1 beaten egg
- 2 tablespoons fine chopped green onion
- 2 tablespoons fine chopped celery
- 1 tablespoon diced pimento
- 1/3 cup mayonnaise
- 1/2 teaspoon Worcestershire sauce
- Dash cayenne pepper
- Dash white pepper
- 4 ounces Panko crumbs plus 4 ounces more

What you'll do:

1. Press crab meat to extract excess moisture.
2. Mix all ingredients except the extra Panko crumbs
3. Form crab cakes. Should make eight to 10 cakes.
4. Roll in extra Panko crumbs.
5. Heat saute pan adding a coating of canola oil.
6. Hand form crab cakes, then roll in Panko crumbs.

7. Pan fry crab cakes on medium/medium high heat until golden brown on each side.

8. Serve with sweet Thai chili sauce or other favorite seafood dipping sauce.

Crab Cocktail

What you'll need:

- 6 ounces of Dungeness crab meat
- 1/2 ounce shredded lettuce
- 4 ounces cocktail sauce
- Sliced lemon
- Sprig of parsley
(For cocktail sauce)
- 4 ounces red chili sauce
- 2 teaspoons lemon juice
- Dash of Worcestershire sauce
- Grated horseradish to taste

What you'll do:

1. Mix cocktail sauce ingredients.
2. Add shredded lettuce to the bottom of a steamed wine glass.
3. Add 1 ounce of cocktail sauce.
4. Add 3 ounces of crab meat.
5. Add 1 ounce of cocktail sauce to top.
6. Garnish with lemon slice and parsley sprig. (Enough for two cocktails)



9-1-WHAT?

THE BEST OF THE WORST CALLS TO ASTORIA 911 DISPATCH

Cows at large

OK, so we know the Astoria-Warrenton Chamber of Commerce's tagline is "The Spirit of the Columbia" and what not.

But if they ever want to think outside the box, we have an idea from the dispatch log: "Cows at large."
Just let it marinate ...

Follow reporter Kyle Spurr on his 9-1-What? Twitter watch, where a few of the sometimes head-scratching calls to area dispatch take center stage. The full feed is at www.twitter.com/9_1_WHAT.

9-1-WHAT? @9_1_WHAT Following

{1/2 @ 2:43 p.m.} Man has an ongoing issue with a neighbor allowing her dog to defecate in his yard. #Astoria

1

9-1-WHAT? @9_1_WHAT Following

{1/4 @ 9:48 a.m.} Cows at large. #Astoria

1

8:22 AM - 5 Jan 2016

9-1-WHAT? @9_1_WHAT Following

{1/7 @ 9:13 p.m.} Man wearing a mask, bright red wig and also has a cane and was limping. He is fine, just wanted to dress up. #Astoria

9-1-WHAT? @9_1_WHAT Following

{1/5 @ 8:35 p.m.} Report of a rocking chair in the roadway. #Seaside

12:48 PM - 8 Jan 2016

9-1-WHAT? @9_1_WHAT Following

{1/10 @ 9:32 a.m.} Caller concerned about a cat with a red harness that appeared very tight. Cat appeared very friendly. #Astoria

7:34 AM - 12 Jan 2016

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