



Chef at the Market

a tasty project of the 2012 Downtown Market
Mondays • 4:00-8:00PM • Golden Heart Plaza

Fresh Green Crab Cake Salad with Fried Green Tomatoes

Eastern Shore Crab or Salmon Cakes

makes 4 – 6 depending on size

- 2 Slices stale bread without crust
- 2 tbs. Mayonnaise
- 2 tsp. Trueheart's Blend Pork Spice*
- 2 tsp. Parsley *
- .5 tsp. Prepared yellow mustard
- 1 egg beaten*
- 1 lb. Shredded Crab or Salmon meat**

Break bread into small pieces and blend into mayonnaise.

To the above mix in parsley, mustard, Trueheart's Blend Pork Spice, and beaten egg

Stir in crab or salmon meat

Broil 10 minutes or fry in lightly buttered pan until crisp on top and bottom (approx. 4 minutes side)

* Indicates ingredient available at the Fairbanks Downtown Market

** Available from Santa's Smokehouse, 2400 Davis Road, Fairbanks, AK

Van Newstrom
Alaska Heritage House

Upcoming *Chef at the Market* Programs:

Monday, July 9 th	Joan Busam, l'assiette de Pomegranate
Monday, July 16 th	Kathy Lavelle, Lavelle's Bistro
Monday, July 23 rd	Lisa Gambardella, Gambardella's Pasta Bella
Monday, July 30 th	Julia Quist, Julia's Solstice Cafe



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Beet Green Salad with Balsamic Vinaigrette Dressing

- 1 Handful beat greens with stems removed per person to be served*
Beet green stems cut into 1" pieces*
- 1 Hard-boiled egg* per person to be served
- 3tbs. Fresh squeezed lemon juice (bottled lemon juice – ☹☹)
- ¼ c. Olive Oil
- 1 tbs. Balsamic vinegar
- 1 tbs. Sugar
- ½ tsp. Fresh garlic
- Salt
- Pepper

Wash and spin dry beet greens and stems
Peel and chop eggs and sprinkle over beet greens and stems

Dressing:
Place next five ingredients in a covered container and shake well
Add salt and pepper to taste
Drizzle dressing over greens and egg

Top salad with crab or salmon cake

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Fried Green Tomatoes

- Fresh green tomatoes*
- 2 Eggs*
- 1 Sleeve Ritz crackers
- 1 tbs. Garlic powder
- Oil for deep frying

With a rolling pin or food processor turn crackers into crumbs
Add garlic powder to crumbs
Beat eggs
Wash and dry tomatoes then thinly slice
Coat tomato slices with egg then coat with cracker crumbs
Deep fry tomatoes until golden brown
Remove tomato slices from oil and drain on paper towels

Serve as a side dish to crab/salmon cake salad

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