

# Cardigan Bay crab cakes with cockle and laver sauce



Fresh crab, cockles and laverbread come together for a burst of classic seafood flavours which could be served as a starter or as a light lunch.

**Serves** 4 | **Prep** 15 minutes | **Cook** 10 minutes

## Ingredients

250g mixed Cardigan Bay crabmeat\*  
3 spring onions, finely sliced  
6 tablespoons fresh breadcrumbs  
2 tablespoons fresh parsley, chopped  
zest of 1 lemon  
1 teaspoon cayenne pepper  
1 egg, beaten  
plain flour for dusting

## For the sauce

1 tablespoon oil and 15g unsalted butter  
2 shallots, finely chopped  
150ml Traditional Welsh cider\* or Welsh white wine\*<sup>Δ</sup>  
2 tablespoons sour cream  
75g cooked cockles  
1 heaped tablespoon laverbread<sup>Δ</sup> or dulse

## Method

- 01** Combine the crabmeat, spring onions, breadcrumbs, parsley, lemon and cayenne in a bowl with a little sea salt.
- 02** Add the beaten egg and shape into 6cm cakes and refrigerate for at least 30 minutes.
- 03** Dust with flour and shallow fry in oil over a medium heat for 5 minutes each side until golden. Serve with the cockle and laver sauce.

## For the sauce

- 01** Fry the shallots in the oil and butter over a medium heat until softened.
- 02** Add the cider or wine and reduce to half before whisking in the sour cream.
- 03** Finally, add the cockles and laverbread and bring up to a simmer.
- 04** Taste and season before serving.

