

**Pan Seared Spicy Mitten Made Crab Cakes with Avocado Lime Crema Sauce**  
*Created by Tender Greens' (Los Angeles, CA) Executive Chef, Charito Hall*



Yield - 4 large entree size crab cakes

Spicy Crab Cakes

1 lb crab (refrigerated and pasteurized) - liquid squeezed and drained  
½ c poblano pepper, small diced  
½ c green onion, small diced  
1 clove garlic, minced  
¼ c bread crumbs, plus more for breading  
¼ c mayonnaise  
¼ c plus 2 TB Mitten Made “Sweet Heat” hot sauce (Habanero/Mango/Pineapple) - more or less depending on taste  
2 TB extra virgin olive oil, plus more for searing  
Salt and Pepper to taste

Method:

1. Saute poblano peppers, green onions, and garlic until soft with 2 TB extra virgin olive oil. Let cool
2. In a medium bowl, combine cooled poblano pepper mixture with crab, mayonnaise, bread crumbs and Mitten Made hot sauce. Gently combine trying to keep crab pieces intact. Add salt and pepper to taste. \*if adding more hot sauce than what the recipe calls for, swap that amount for mayonnaise.
3. Form into patties and lightly bread crab cakes with bread crumbs and set aside.
4. Lightly coat a non-stick pan with extra virgin olive oil. Over medium heat, add crab cakes and cook until golden brown, about 4-5 min per side.

Avocado Lime Crema

½ c sour cream  
½ c ripe avocado, passed through a sieve  
1 ½ TB lime juice  
½ tsp ground cumin  
Salt and pepper to taste

Method:

1. Combine all ingredients in a small bowl. Whisk until incorporated.

Charito Hall is the Executive Chef of Los Angeles' [Tender Greens](#) (Glendale location). She has worked at The Beverly Hills Hotel (L.A.), The Peninsula (Chicago), Trump International Hotel and Tower (Chicago) and Wolfgang Puck's WP24 (L.A.). She studied at Le Cordon Blue.(Chicago).



***Pictured above: Charito Hall with President Barack Obama***