



Don't Be Blue... It's a Banner Year

Cinnamon, clove, ginger...these are the spices of October. In fact, I expect some of you are enjoying a pumpkin spice latte as you peruse the *Bar Journal*.

As we enjoy the comfort of these fall spices, let us not neglect other spices in our cabinets — cayenne, cumin, and paprika, for example. These are among the ingredients in one of my favorite condiments, harissa paste. While harissa is fairly simple to prepare, I keep a tube of Entube Harissa Paste at the ready in the refrigerator. This convenient squeeze tube by Jacobsen Salt Co. features cayenne pepper and paprika as well as sumac and Szechuan pepper.

One of my preferred uses for Entube Harissa Paste is crab cakes. Why do I bring up crab cakes now? It is October and summer is behind us. However, we still have time to savor more sweet Chesapeake Bay blue crabs. The season runs from April 1 to December 15, and this year is a strong one for our neighbor state's iconic crustacean. The May publication of the *2019 Blue Crab Winter Dredge Survey* demonstrated that the blue crab population increased 60 percent from last year. This equates to a population of about 594 million crabs, more than any year since 2012. Hooray for the Chesapeake Bay Blue Crab!

As I am a purist when it comes to crab cakes, I avoid any fillers. The crabmeat should shine. For a simple side, keep the spices on the counter for spicy fried potatoes.

From cloves to cayenne, let your spices do the flavoring this October. 🍷

Notes:

1. "Governor Hogan Announces Chesapeake Bay Blue Crab Survey Shows Strong Growth." Natural Resources News. Accessed September 25, 2019. <https://news.maryland.gov/dnr/2019/05/06/governor-hogan-announces-chesapeake-bay-blue-crab-survey-shows-strong-growth/>.



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HARISSA CRAB CAKES *Serves 2*

Ingredients

- 1 pound container jumbo lump Maryland crab meat
- 1 egg, beaten
- Zest of one lemon
- 1/3 cup Panko bread crumbs
- 1/2 teaspoon Entube Harissa Paste
- Sea salt
- Fresh cracked pepper
- Salted butter
- Extra virgin olive oil

Instructions

In a bowl, blend the crab meat, egg, lemon zest, and bread crumbs with a large spoon. Mix in the harissa paste as well as salt and pepper to taste. Using your hands, form the mixture into three cakes (the third is for sharing) and place on a dish. Cover with plastic wrap and let sit in the refrigerator for half an hour.

Melt two tablespoons of butter and two tablespoons of olive oil in a large nonstick pan until sizzling. Gently transfer the crab cakes to the pan. Sauté them for about three to four minutes per side until golden brown. The best way to keep the cakes together is to flip with two wooden spatulas. Garnish with lemon wedges and sprigs of parsley or cilantro.

SPICY FRIED POTATOES *Serves 2*

Ingredients

- 4 medium sized yukon gold potatoes
- Salted butter
- Extra virgin olive oil
- 1 tablespoon paprika
- 1 tablespoon turmeric
- 1 teaspoon cumin seeds
- Sea salt
- Fresh cracked pepper

Instructions

Boil the potatoes until you can gently pierce with a fork. Remove the potatoes from the water and place on a cutting board until cool enough to handle. Then cut the potatoes into 1/8 inch slices. Melt two tablespoons of butter and two tablespoons olive oil in a large nonstick pan. Add the potato slices. Sprinkle with the paprika, turmeric, and cumin seeds. Add salt and pepper to taste. Brown on each side until crispy, turning gently with a wooden spatula.