

Crab croquettes with poached egg and wilted spinach

Ingredients

For the crab croquettes

- 2 large baking potatoes
- 110g/4oz fresh white crabmeat, picked
- 1 tbsp chopped fresh flatleaf parsley
- 1 lemon, zest only
- pinch cayenne pepper
- 50g/2oz plain flour
- 2 free-range eggs, beaten
- 50g/2oz fresh breadcrumbs
- vegetable oil, for deep frying

For the poached eggs

- 4 free-range eggs

For the spinach

- 25g/1oz butter
- 400g/14oz baby leaf spinach
- salt and freshly ground black pepper
- pinch grated nutmeg

Preparation method

1. For the crab croquettes, preheat the oven to 190C/375F/Gas 5.
2. Prick the baking potatoes all over with a fork and bake in the oven for one hour, or until tender and completely cooked through.
3. Scoop the flesh from the baked potato into a bowl and mash until smooth. Set aside until cool.
4. When the mashed potato has cooled, stir in the crabmeat, parsley, lemon zest and cayenne pepper until well combined. Season, to taste, with salt and freshly ground black pepper and mix again.
5. Roll small handfuls of the potato mixture into fat sausage shapes about 5cm/2in long.
6. Sprinkle the flour onto a plate. Beat the eggs in a bowl. Sprinkle the breadcrumbs onto another plate.
7. Dredge each croquette first in the flour, then dip them in the egg, then roll it in the breadcrumbs until completely coated. Chill in the fridge to set for 30 minutes.
8. When the croquettes have chilled, heat the oil in a deep fat fryer to 170C/325F. (CAUTION: Hot oil can be dangerous. Do not leave unattended.)

30 mins to 1 hour

preparation time

1 to 2 hours

cooking time

Serves 4

By James Martin
From Saturday Kitchen

These tasty crab cakes are a great way to use up leftover jacket potatoes. Make them without the spinach and egg for a delicious canapé.

Top recipe tip

If you don't have a deep fat fryer, half-fill a deep, heavy-based saucepan with the oil and heat until a breadcrumb sizzles and turns golden-brown when dropped into it. (CAUTION: Hot oil can be dangerous. Do not leave unattended.)

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- 9. Carefully lower the croquettes into the hot oil, in batches if necessary, and fry for 2-3 minutes, or until golden-brown, crisp and warmed through.**
 10. Remove the croquettes from the oil using a slotted spoon and set aside to drain on kitchen paper. Keep warm. Repeat the process with the remaining croquettes.
 11. Meanwhile, for the poached eggs, heat a small pan of water until just simmering.
 12. Swirl the water in the pan to create a vortex, then carefully crack in the eggs, two at a time. Poach for 2-3 minutes, or until the eggs are cooked to your liking, then remove from the pan using a slotted spoon. Set aside to drain onto kitchen paper. Repeat the process with the remaining eggs.
 13. Meanwhile, for the spinach, heat the butter in a frying pan over a low to medium heat. When the butter has melted, add the spinach and fry for 1-2 minutes, stirring constantly, until wilted. Season, to taste, with salt and freshly ground black pepper, then stir in the nutmeg.
 14. To serve, spoon the wilted spinach into the centre of each of four serving plates. Place 2-3 croquettes on top of each portion, and top with a poached egg.