



# Vegan Chickpea Crab Cakes

Recipe courtesy of Food Network Kitchen



Vegan Chickpea Crab Cakes

Total Time:  
1 hr 50 min

Prep: 25 min

Inactive 1 hr 5 min

Cook: 20 min

Yield:  
4 to 8 servings

Level:  
Easy

## Ingredients

### Chickpea Crab Cakes:

- ✓ Two 15-ounce cans chickpeas, drained and 1/4 cup liquid reserved
- ✓ Pinch cream of tartar
- ✓ 2 tablespoons fresh parsley, chopped
- ✓ 1 tablespoon lemon juice, plus lemon wedges for serving
- ✓ 2 teaspoons Old Bay Seasoning
- ✓ 1 teaspoon honey mustard
- ✓ 2 slices of white bread or 1 hamburger bun, torn into small pieces
- ✓ Kosher salt
- ✓ 2/3 cup all-purpose flour
- ✓ Vegetable oil, for frying

### Tartar Sauce:

- ✓ 1/4 cup vegan mayonnaise
- ✓ 1/2 teaspoon honey mustard
- ✓ Pinch Old Bay Seasoning
- ✓ 1/2 whole dill pickle, finely chopped
- ✓ 1 tablespoon dill pickle brine

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## Directions

For the chickpea crab cakes: Place the reserved chickpea liquid into a large bowl, then add the cream of tartar and whip vigorously until foamy and thick.

Whisk in the parsley, lemon juice, Old Bay and honey mustard, then add the bread pieces and toss to coat. Let sit until the bread is soft, about 5 minutes.

Meanwhile, finely chop the chickpeas (alternatively, you can pinch or smush them). When the bread mixture is ready, add the chickpeas and toss and squeeze the mixture until it holds together. Form into eight 3/4-inch thick patties with nice rounded edges. Cover and chill them for at least 1 hour.

For the tartar sauce: Whisk together the mayonnaise, honey mustard, Old Bay, pickle and pickle brine in a small bowl. Refrigerate until ready to serve.

Preheat the oven to 350 degrees F. Whisk a large pinch of salt into the flour and put on a plate. Pour enough oil to cover the bottom of a large nonstick skillet and heat over medium-high heat. Dredge half of the cakes in the flour. Once the oil is hot and shimmering, add the cakes and cook until crunchy and deep golden brown, about 3 minutes per side. Adjust the heat as necessary to keep them from browning too quickly. Transfer to a baking sheet and repeat with the remaining cakes. Sprinkle each with salt, then bake until heated completely through, about 5 minutes.

Serve the chickpea crab cakes with the tartar sauce and lemon wedges.

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