

## G R E A T C H E F S O F B O S T O N

# Abe & Louie's Jumbo Lump Crab Cake

by **Clint Hamblin**

With the oversized leather courtroom chairs and Hollywood-style booths, you might think you were dining in an elegant Beverly Hills restaurant, but all that polished mahogany and gold leaf elegance is simply part of the décor of Abe & Louie's located at 793 Boylston Street in the heart of the Back Bay. Beautifully prepared steaks, seafood and libations elevate this dining experience to one of Boston's best.

The Abe & Louie's Salad of bibb lettuce, apples, pistachio nuts, Great Hill Blue cheese, and Dijon vinaigrette will get your dinner off to a terrific start, and the Beef Steak Tomatoes with Great Hill Blue cheese and vidalia onions remind you of those delicious flavors we associate with New England farm stands and that fresh taste of summer produce.

Our charming waiter, John Welsh, brought what we thought was a gargantuan grilled pork chop with a long curved bone attached, but it was really a Swordfish Chop with ginger soy glaze served with basmati rice. Identified as an Abe & Louie's Special, this moist and delicious cut was more like a flaky piece of cod. The Swordfish Chop alone is worthy of a return visit to this fine restaurant.

When nothing satisfies except a perfectly cooked steak, the Bone-In Filet Mignon served with a portobello demi-glace confirms why this is Abe & Louie's Signature Steak. This tender, perfectly grilled piece of beef is a meat lover's dream come true.

The Friday special is Lobster Fra Diavolo, a spicy tomato sauce loaded with fresh chunks of Maine lobster combined with slightly al dente linguini. This is a delicious and beautiful looking dish that can easily be shared – if you're willing.

The Hand-Cut French Fried Potatoes provided an extra crunch while the vegetable taste of Creamed Fresh Spinach with fresh cream tasted like a rich dessert with both dishes perfectly complementing the entrées.

The Colossal Chocolate Cake includes seven layers of rich imported chocolate with a scoop of vanilla ice cream on the



Executive chef Bill Bramlett

side. Outrageously decadent!

Executive chef Bill Bramlett's full range menu includes outstanding ocean treasures that will appeal to the most discriminating seafood palate. An excellent example is Abe & Louie's Jumbo Lump Crab Cake with Fresh Fruit Salsa. Don't look for a bread crust on this crabby concoction. It's all jumbo lump crab and it falls apart with the touch of a fork. The accompanying fresh fruit salsa is totally refreshing, combining various diced fruits, lime, cilantro and a slight kick of jalapeno.

## Abe & Louie's Jumbo Lump Crab Cake with Fresh Fruit Salsa (Serves 6)

**Ingredients****Crab Cakes**

- 1 3/4 pound fresh, high-quality jumbo lump crabmeat
- 1 teaspoon Worcestershire sauce
- 2 teaspoons Old Bay seasoning
- 2 teaspoons Coleman dry mustard
- 2 tablespoons light mayonnaise
- 1 teaspoon sea salt
- 1 teaspoon fresh white pepper
- 1 large lemon, juiced



Jumbo Lump Crab Cake

- 3 ounces whole butter, melted
- 2 egg whites, whipped to soft peaks
- 1 egg yolk, blended with whites
- 2 slices of white bread crust, diced into fine cubes

**Fresh Fruit Salsa***(Makes approximately 2 cups)*

- 1/2 pineapple
- 1 peach
- 1/2 mango
- 1/2 beefsteak tomato
- 1/2 green pepper
- 1/2 lime
- 2 teaspoons fresh mint
- 2 teaspoons fresh cilantro
- 1 teaspoon jalapeño
- 1 tablespoon extra-virgin olive oil
- 2 teaspoon honey
- 1 dash salt and pepper

**Preparation****Crab Cakes**

Keep crab meat separate while mixing all other ingredients in order as listed above. Blend thoroughly with a rubber spatula. Let sit for two minutes and blend well again with rubber spatula. (Avoid stainless utensils as they can affect the taste.) Add crabmeat and fold together gently until thoroughly mixed, with about 75 percent of the lumps remaining. Place in food storage container, cover and refrigerate until ready to serve.

To serve, form into round cakes about three inches across and 3/4 inches thick. Place on a lightly buttered baking pan and broil (about three inches from heat source)

until evenly light-brown across the top. Serve with Dijon mayonnaise and wedge of fresh lemon.

**Fresh Fruit Salsa**

Remove seeds from the jalapeño. Dice the pineapple, peach, mango, tomato and pepper into 1/4-inch cubes. Place the diced fruit and vegetables into a stainless steel mixing bowl. Cut the lime in half and squeeze the juice over the fruit mixture. Zest the lime and add to the mixture along with the olive oil, honey, salt and pepper. Dice the mint and cilantro, add to the bowl and mix well. Refrigerate until needed. Serve on the side of Abe & Louie's Jumbo Lump Crab Cakes.

**Wine Pairing**

2005 Jordan Chardonnay from Russian River Valley

**Signature Cocktail**

If you like the strong taste of coffee, the Double Espresso Martini will knock your socks off. This most popular potion served at Abe & Louie's is easy to put together and makes an elegant cocktail.

**Double Espresso Martini**

- 2 1/2 ounces Van Gogh Double Espresso Vodka
- 1 ounce espresso
- 1/4 ounce of Bailey's Caramel

Build ingredients into a Boston shaker. Shake vigorously six to eight times. Strain into a chilled cocktail glass. Garnish with three espresso beans floating on top.

PILATES

BODYWORKS  
STUDIOS

GYROTONIC®

CELEBRATING 10 YEARS OF 1<sup>ST</sup>S

Facts about BodyWorks Studios...

- 1st Pilates studio in Boston
- 1st GYROTONIC® studio in New England
- 1st Pilates teacher training center in Boston
- 1st GYROTONIC® teacher training center in Boston
- 1st fully-equipped Pilates and GYROTONIC® studio center in the United States

(617) 723-8090

www.BostonBodyworksStudio.com

38 Newbury Street • 12 Joy Street

Kathy Van Patten, Founder &amp; Master Trainer



## The Boston Synagogue welcomes you wherever you may be on your Jewish spiritual journey ... for the Holidays & Year 'Round

We are Transdenominational Egalitarian with active participation by women & men -- across denominations

**Did you know that The Boston Synagogue:**

- Is the only 52-week synagogue in downtown Boston that meets Friday, Saturday & Holidays for services & celebrations?
- That its Services are meaningful & joyous -- with dynamic interesting interactive discussions rather than sermons? Saturday services are followed by a warm & welcoming Kiddush & time to get together
- And it offers a range of Judaic cultural & educational programs & forums, monthly Friday dinners, as well as Sunday School, life cycle events, & more...

**Become part of our unpretentious & inclusive community!**  
For holiday & other information go to [www.bostonsynagogue.org](http://www.bostonsynagogue.org)

**The Boston Synagogue.** Creating Community for Jews in Downtown Boston

55 Martha Rd. In Charles River Park. Near Mass General/Red Line T. Banknorth Garden, Museum Towers & Science Park Green Line T. Parking available. Tel. 617-523-0453