

# A ROYALLY TASTY MOTHER'S DAY

Make the moms in your life (including yourself!) feel extra special with these scrumptious dishes fit for a queen

**A**s a girl, getting dressed up for tea and fancy finger sandwiches with Mom and Grandma always made us feel like a princess. And now thanks to the new cookbook *The Royal Touch*, by Carolyn Robb, a former chef to The Prince and Princess of Wales, we can play the role of queen by enjoying the same

foods once served at the Royal Palace. The best part? "You don't need extravagant ingredients to create something special," promises Robb. She keeps recipes pared down by using seasonal produce that delivers big flavor without much work, then showcases her creations with simple yet stunning plating. Here, Robb shares three favorites sure to make your Mother's Day memorable.

**NEW & NOTABLE**



If preparing more than an hour ahead of time, swap in diced tomatoes for the avocado to avoid browning.



## CRAB TIAN

Serves 4

- 14 oz. white crabmeat**
- Zest of 1 lemon**
- 1 red chili, seeded and minced**
- 6 spring onions, sliced**
- 1/2 cup mayonnaise**
- 5 fresh mint leaves, shredded**
- 1 large avocado, diced**
- Fresh lemon juice**
- For garnish:**
- 1 large avocado, diced**
- 1 ripe mango, diced**
- Fresh lemon juice**
- Olive oil**

**1.** Line four 4" rings or molds with plastic wrap; chill. Remove any small pieces of shell from crabmeat

and place in a bowl. Add lemon zest, chili, onions and mayo to bowl. Season with salt and pepper. Stir well to combine. Fold in mint. Divide half of the mixture among molds. **2.** In small bowl, drizzle avocado with lemon juice. Divide between molds in an even layer. Cover with a second layer of the crab mixture; press down. Chill 30 min. **3.** Turn each mold onto a plate; surround with mangos, avocados and mint leaves. Drizzle lemon juice and olive oil. Top with arugula, if desired.

**PER SERVING:** 475 cal, 21g protein, 25g carbs, 9g fiber, 13g sugar, 34g fat

Gourmet mmm  
made easy!



## SALMON FISHCAKES

Serves 4

- 3 leeks, sliced
- 6 tbsp. butter, divided
- 1 baked potato
- 9 oz. salmon, cooked
- Zest of 1 lemon
- 2 tsp. parsley, chopped
- 2 eggs
- 4 tbsp. flour
- 4 cups bread crumbs

1. Cook leeks in 2 tbsp. butter until tender. In bowl, mash potato flesh with 2 tbsp. butter. Flake in salmon, then stir in  $\frac{1}{3}$  of leeks, zest and parsley. Form 4 equal balls.

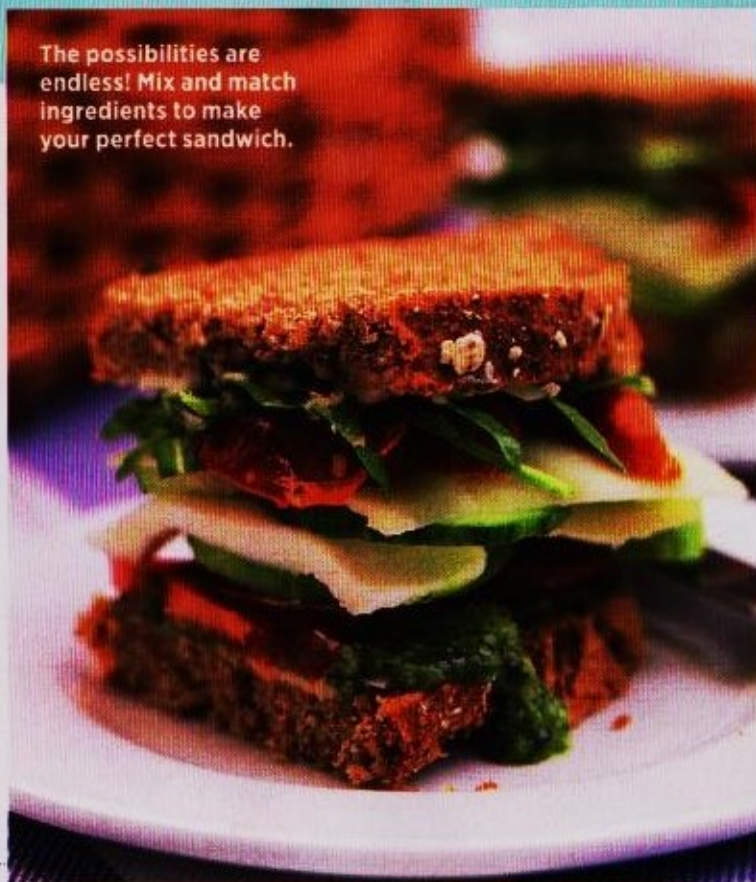
2. Beat eggs. Dip balls into flour, egg, then bread crumbs, repeating once; chill 30 min.

3. Fry cakes in 2 tbsp. butter and olive oil until golden. Plate on remaining leeks; surround with pesto\* and asparagus tips. Top with basil, if desired.

\*For pesto: Cut 16 asparagus stalks into 1" pieces; cook in salted boiling water until tender. Set aside tips. In processor, blend asparagus stems, 8 basil stems, 4 mint stems, 3 tbsp. pine nuts and 1 garlic clove. Trickle in  $\frac{1}{2}$  cup olive oil; blend until smooth. Add  $\frac{1}{2}$  cup grated Parmesan; season to taste with salt.

PER SERVING: 807 cal, 33g protein, 54g carbs, 5g fiber, 7g sugar, 52g fat

The possibilities are endless! Mix and match ingredients to make your perfect sandwich.



## A SUPERB SANDWICH

Serves 1 to 2

- 3 thin slices smoked bacon
- 1 tbsp. soft butter
- 2 slices soda bread
- 2 tbsp. pesto
- 1 tbsp. mayo
- 2 sun-dried tomatoes (in oil)
- A few slices of avocado
- 1 tbsp. olive oil
- Juice of  $\frac{1}{2}$  lemon
- 12 large shavings Parmesan cheese
- 1 tbsp. toasted pine nuts
- A few slices of cucumber
- A few slices of tomato
- 1 tbsp. fine alfalfa sprouts
- A handful of arugula

1. In skillet over medium-high heat, cook bacon until crisp, about 3 to 5 min.

2. Butter the bread. Spread one slice with half the pesto and the other slice with mayonnaise. Dice sun-dried tomatoes and sprinkle onto mayonnaise.

3. Layer on ingredients in your desired order, alternating Parmesan shavings between layers. Season with salt and pepper and drizzle with remaining pesto as you go. Top with the second slice of bread; cut in half to serve.

PER SERVING: 1,101 cal, 29g protein, 63g carbs, 8g fiber, 5g sugar, 84g fat