



By Paula LaMont

THE LITTLE  
*Celebration*  
COOKBOOK

*A Collection of Favorite Deserts & Hors d'Oeuvres*



Artist, writer and chef Paula LaMont was born on the Eastern Shore of Virginia, minutes from the ocean. Surrounded by a large southern family where fresh seafood and garden vegetables were the centerpiece of their daily lives together. Now an Oregon transplant, Paula brings the same colors and flavors of her childhood to a life filled with painting, gardening and cooking in the Northwest.

In reference to her work with nature, Paula says, "I believe that we are drawn to images of nature because we need nature to be a part of our lives, even though we may be living in a city away from direct contact. I believe that my art brings those images to people in a positive, colorful and joyful way."

Bringing all her passions together; cooking, gardening, and painting, Paula is currently producing a line of greeting cards and prints based on her original artwork. Each keepsake card features one of her original recipes on the back.

Paula's home and garden will be featured in an upcoming issue of First for Women magazine. Her recipes have been featured in LowCarbEnergy magazine and Kitchen and Cooks. Her cards and prints are available on line at [www.PaulaLaMont.com](http://www.PaulaLaMont.com).



*Paula LaMont*

## Chesapeake Bay Crab Cakes

Unfortunately, most of us will not have blue channel crab, but they are still good with whatever crabmeat you can purchase. Do not use “fake crab”. I don't like very much filler in my crab cakes, probably because I was raised in an area where you can obtain delicious crab meat and the idea of a crab cake was to eat CRAB.

This recipe will make 6 large crab cakes, or about 14 small cocktail size cakes. I love to serve the cocktail ones in the summer with a fresh, tomato, peach, red pepper salsa. The crab cakes can be grilled or fried in a mixture of ½ olive oil and ½ vegetable oil.

**1 lb crab meat, picked and cleaned**

**1 egg**

**1 teaspoon worchestershire sauce**

**1 teaspoon lemon juice**

**2 teaspoons Old Bay Seafood Seasoning**

**¼ dry mustard**

**1 large tablespoon of mayo**

**1 teaspoon of prepared mustard**

**2 tablespoons of bread crumbs, Italian or plain**

**2 tablespoons flour**

**1 tablespoon bread crumbs**

Place the crab in a bowl and break up the crab pieces with a fork. In another bowl mix

Egg, worchestershire sauce, lemon juice, Old Bay Seasoning, dry mustard, mayo, and prepared mustard. Pour mixture over crab meat, stir lightly into crab pieces. Add the bread crumbs and stir lightly. **DO NOT OVERMIX**, You may need a little more or less of bread crumbs, because some crab has more moisture than others. Pat the mixture into cakes. On a separate plate, mix the remaining flour and breadcrumbs. Lightly flour both sides of the crab cakes. At this point it is good to chill the crab cakes for one hour.

Fry or Grill in oil, until each side is golden brown.



## Bejas' Peachtree Margarita

My friend Mary Rowe and I discovered Bejas, in Fredericksburg, Texas, one hot evening in the middle of a road trip from San Diego to New Orleans. We had been driving all day and we were dying for a drink. Bejas served up some hot and spicy black bean tacos with peach salsa, but the biggest hit was their delicious and mouthwatering Peach Margarita. Lucky for us, we were staying in town over night! (I've included the address because you never know when you might be in Fredericksburg.)

Makes two Margaritas:

### Put into a blender:

**1 ¼ ounce Tequila**

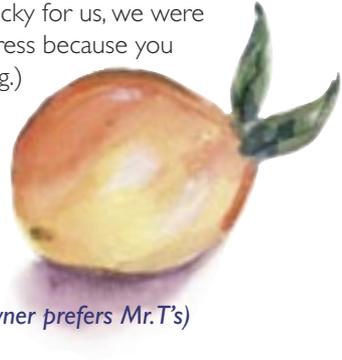
**¾ ounce Cointreau**

**¾ ounce Peachtree Schnapps**

**4 ½ ounces Margarita mix** (*Eric Bryla, the owner prefers Mr. T's*)

**Splash of Grenadine for color**

**Add about 2 cups ice, blend until smooth**



Sugar the rim of the glasses by dipping in lemon juice then red decorating sugar. This sugar can be found in the cake decorating section of your grocery store. You can use any type of large granular sugar, but the red is more festive.

*Bejas Restaurant & Bar  
209 E. Main Street  
Fredericksburg, Texas*

## Mango Ginger Salsa

Mango ginger salsa is perfect for the summer months because of its tropical taste. As a topping for grilled halibut or scallops it makes you think of fun in the sun.

**1 mango chopped**

**½ cup pineapple chopped, fresh or canned**

**½ red pepper chopped**

**¼ cup chopped sweet onion**

**½ teaspoon grated ginger root**

**1 tablespoon olive oil**

**1 lime, (2 tablespoons lime juice)**

**1 teaspoon finely chopped jalapeno pepper (optional)**

Gently combine all ingredients in a bowl. Serve with chips or grilled vegetables, meat or seafood.