



Crab Cakes

Our favorite recipe for appetizer or entrée sized crabcakes loaded with crabmeat

1 lb. can of lump crabmeat
¼ cup of fresh squeezed lemon juice
1 egg lightly beaten
¼ cup of heavy cream
½ med onion finely chopped
1 red bell pepper finely chopped
2 tbsp fresh chopped parsley
1 tbsp Old Bay seasoning
1 tsp fresh ground black pepper
2 tsp Worcestershire sauce
2 tbsp butter
¾ cup – 1 ¼ cup of Japanese Panko breadcrumbs
(depending on your preference)

1. In a medium bowl, lightly beat egg, then mix in cream, Worcestershire sauce and lemon juice, set aside
2. Melt butter in a frying pan and sauté the onion and red bell pepper until soft, adding parsley at the last second
3. Pick through the crabmeat to remove shells and cartilage; place in a large mixing bowl and mix in the Old Bay and pepper
4. Fold in the liquid mix and sautéed onions & peppers
5. Slowly blend in the Panko breadcrumbs letting the mixture rest to absorb the liquid to form a cake consistency
6. Form into 12 small or 6 large crab cakes (roughly the shape of a hamburger patty that is 2-3 inches across and one inch thick)
7. Cook the cakes in a non-stick frying pan with a thin coating of olive oil or butter over medium heat; cook for 2 ½ - 3 minutes per side or until the cake is slightly browned and able to be flipped over without falling apart