CRAB CAKES

LIGHTLY FRIED CLASSIC CRAB CAKES ALONGSIDE A TANGY SPREAD

Yield: 10 – Serving Size: 3oz.. – Prep Time: 25 Minutes

Ingredients:

1 lbs. -	Crab, Fresh or Packaged
1 Each –	Green Bell Pepper, Finely Diced
1 Each -	Red Bell Pepper, Finely Diced
½ Each -	Red Onion, Finely Diced
5 Each -	Fresh Garlic, Cloves, Minced
3 Each -	Celery Stalk, Fresh, Finely Diced
1 Each -	Corn, Yellow, Fresh (Removed from Cob)
¼ Cup. -	Cilantro, Fresh, Finely Chopped
¼ Cup -	Eggs, Whole
1 Cup -	Breadcrumbs, Panko (Reserve ½ Cup for Coating)
4 Tbsp. -	Mayonnaise
1 Tbsp. -	Dijon Mustard
1/8 Cup –	Worcestershire Sauce
1 Each -	Lime, Fresh (Juice and Zest)
5 Dashes –	Tabasco (or favorite hot sauce)
½ tsp. -	Paprika, Smoked
½ tsp. -	Celery Salt
¼ tsp. -	Black Pepper

1) Combine all ingredients in a medium mixing bowl except half of the panko breadcrumbs. Mix thoroughly.

2) Utilizing a scoop or hands carefully form patties from the mixture by pressing together tightly. Once the cake has been formed gently coat them in the panko breadcrumbs and set aside to be fried.

3) In a medium sauce pan over medium heat pre-heat vegetable oil. The amount of oil should be enough to come half way up each of the crab cakes during frying. Fry each side for 2-3 minutes or until golden brown. Alternatively, the crab cakes may also be baked in the oven for 15-20 minutes or until golden brown.

4) Serve and Enjoy as is or alongside our cilantro lime dipping sauce!

Cilantro Lime Sauce ½ Cup – Mayonnaise 1 Each – Lime, Juice and Zest ¼ Cup – Cilantro, Finely Chopped 1 tsp. – Smoked Paprika	In a small bowl combine all ingredients and mix thoroughly with whisk.

Equipment Needed: Mixing bowl, Sauté Pan, Knife, and Cutting Board

Calories: 180Kcal – **Calories from Fat:** 50Kcal – **Total Fat:** 6g – **Saturated Fat:** 1g – **Trans Fat:** 0g – **Cholesterol:** – 75mg
Sodium: 580mg – **Total Carbohydrate:** 19g – **Dietary Fiber:** 5g – **Sugar:** 6g – **Protein:** 13g