

CRAB CAKES #2

I have several recipes for crab cakes, which is why they are numbered. I don't know which I like best so don't take my numbering system to mean anything in particular. Take a look at all of them and see what looks good to you and give it a shot. These can be served as an appetizer or as a main course, on a bun or on a salad, or any other way you wish. Don't forget to look at the various sauce recipes too!

INGREDIENTS:

1 cup Bread crumbs, plain (split into ½ cup and ½ cup)
3 6 oz. cans Crab Meat (drained)
¼ cup Mayonnaise
3 Tablespoons Chives, fresh and chopped
1 Tablespoon Worcestershire Sauce
1 Tablespoon Dijon Mustard
½ teaspoon Hot Pepper Sauce
1 Egg, beaten
¼ cup Olive Oil
½ Salt
¼ Pepper

DIRECTIONS:

This recipe was designed to serve the crab cakes with a salad so they are smaller, about 20 cakes, 1 ½ inches in diameter, although you can make them any size you desire. It's also a great size for appetizers! I prefer 3 inch diameter cakes (hockey puck size), about ¾ inch thick. This recipe makes 5 that size.

Line a cookie sheet with waxed paper so there is a place to put the completed crab cakes as you make them. Also, place ½ cup bread crumbs in a shallow dish, like a paper plate, and set aside.

Mix crab meat, Worcestershire sauce, mustard, hot sauce and remaining ½ cup bread crumbs in a medium bowl to blend. Season with salt and pepper, then mix in egg. Using 2 Tablespoons each, form crab mixture into twenty 1 ½ inch diameter cakes. Coat the crab cakes with the bread crumbs you set aside, pressing bread crumbs to adhere. Transfer the crab cakes to the cookie sheet, cover, and refrigerate for at least 1 hour and up to 8 hours. This is an important step in that it allows the cakes to set up and congeal so they do not disintegrate when you try to cook them.

Now if they are being a sticky mess and falling apart, and this is a bigger problem the larger your patties are, before you turn the kitchen blue with profanity, try this: Form the mixture into a ball, tossing it gently from hand to hand. When it seems like a reasonably solid ball, place it in the bread crumbs on your paper plate, and flatten it a little bit to form a cake. Continue forming balls until your plate is reasonably full. Take some more bread crumbs, sprinkle them on the tops of your cakes, and press the crumbs gently into the tops. Using a thin spatula, lift the patties onto your waxed paper and chill for at least 1 hour

Heat the oil in a large skillet over medium high heat. Working in batches, add the crab cakes to the skillet and cook until golden brown and heated through, about 2 minutes on each side (4 minutes for larger cakes). Transfer cakes to paper towels to drain and serve as desired....like on baby greens with lemon vinaigrette!

5 cakes are 200 calories each. If you make 20 small ones, they are 50 calories each.

ALSO SEE:

Lemon Vinaigrette

Chipotle Sauce

Basil Aioli

Cucumber-Dill Sauce