

# CRAB CAKES #1

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, on a salad, on its own, or any other way you wish. Don't forget to look at the various sauce recipes too!

## INGREDIENTS:

3 Tablespoons Olive Oil  
½ cup Red Bell Pepper, chopped  
½ cup Celery, chopped  
½ cup Red Onion, chopped  
2 Tablespoons Jalapeno Pepper, seeded and chopped  
1 pound Crab Meat, coarsely chopped (canned is fine)  
1 Egg  
2 teaspoons Lemon Juice  
4 cups Bread Crumbs (divided into 1 ½ cups and 2 ½ cups)

## DIRECTIONS:

Heat 1 Tablespoon of olive oil in medium skillet over medium high heat. Add bell pepper, celery, onion, and jalapeno and sauté for 3 minutes. Transfer to a large bowl and mix in the crab, egg, lemon juice, and 1 ½ cups bread crumbs.

Divide the mixture into eight portions (about ½ cup each) and form into ½ inch thick cakes. Dredge the cakes in the remaining breadcrumbs (2 ½ cups), turning to coat, then place on baking sheet. Cover and refrigerate at least 1 hour and up to 8 hours. This step is important because it allows the cakes to congeal and set up so they don't disintegrate when they are cooked.

Heat the remaining 2 Tablespoons of olive oil in a large skillet over medium heat. Working in batches, add the crab cakes and cook until golden brown and cooked through, about 4 minutes on each side. Transfer to plates and serve as desired.

## LOOK FOR:

Lemon Vinaigrette  
Chipotle Sauce  
Basil Aioli  
Cucumber-Dill Sauce