
Crab Cakes

Servings: 6

Ddouble recipe for Xmas party, but if we have jumbo or xl eggs, use 1 whole egg plus 1 white. 2 whole eggs makes the mix too runny

Also, pre-heat griddle burners for only 10 minutes or so - front burner to 2 1/2, back burner to 3 1/2. Preheating longer gets the burners too hot

3 tablespoons butter
1/3 cup red bell pepper, diced
1/3 cup celery, diced
1/3 cup onion, diced
1 medium egg
2 tablespoons parsley, minced
2 teaspoons worcestershire sauce
2 teaspoons lemon juice
2 teaspoons Old Bay Seafood seasoning
1 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon cayene
1 cup panko crumbs, divided
1/4 cup scallion, minced
1/4 cup mayonnaise
1 pound crabmeat

Saute holy trinity, red pepper, celery, onion in the butter

Whisk together egg and next 7 ingredients. Combine with 1/2 - 3/4 cups panko, scallion, and mayonnaise.

Add holy trinity and crab meat and gently combine with wet hands.

Spread half of remaining panko crumbs on a cookie sheet lined with parchment paper.

Form each crabcake with a cookie cutter, pressing gently to flatten to about 1" thick in a 3 1/16" ring. Don't pack too tightly, but be firm so cake will stay together. Sprinkle tops with panko.

Chill for at least 1 hour; with so little binder, the cakes need this time to hold together.

Fry cakes in 2 Tablespoons of ghee over medium heat in a non-stick pan. Cook cakes in batches so the pan isn't over crowded. Fry until golden brown, about 3-4 minutes per side. Drain on paper towels.

Yield: 10 cakes

Casseroles, Fish and other Seafood

Per Serving (excluding unknown items): 206 Calories; 15g Fat (65.9% calories from fat); 15g Protein; 3g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 568mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.