

Junior Barbour Seafood

Crab Cakes

INGREDIENTS

2 Eggs
2 Tbs Hellman's Mayo
1 Tbs Worcestershire Sauce
1 Tbs Creole Mustard
Dash of garlic powder
1/2 tsp dried parsley
The San Souci Trinity (1/2 cup minced bell pepper, 1/2 cup minced celery, 1/2 cup minced onions)
1 3/4 Cup Italian Bread Crumbs
3 tsp of Tony Chachere's Creole Seasoning
1/2 Cup plus 1 Tbs of Extra Virgin Light Olive Oil
1/2 Cup Milk or Heavy Cream
3 lbs Jumbo Lump or Claw Meat
1/2 Cup all purpose flour

DIRECTIONS (Creole Mixture)

1 Egg
2 Tbs Hellman's Mayo
1 Tbs creole mustard
1 tsp Worcestershire Sauce
1 tsp Tony's Seasoning
Combine and whisk together.

DIRECTIONS (Vegetables)

1 Tbs extra virgin light olive oil
The San Souci Trinity (1/2 cup minced bell pepper, 1/2 cup minced celery, 1/2 cup minced onions)
Dash of garlic powder
1/2 tsp dried parsley
Cook on medium heat 3 minutes. Remove from heat and cool.
After vegetables cool, combine with the Creole mixture and mix well.

Spread crabmeat on square pan and remove any shells. Sprinkle crabmeat with 3/4 cup bread crumbs. Pour the mixed Creole & vegetable mixture over the crab meat. Without breaking up the crabmeat, form into 8 patties.

DREDGING FOR FRYING

Mix 1/2 cup flour with 1/2 tsp Tony's seasoning. Set aside. Whisk 1 cup milk or heavy cream with 1 egg. Set aside. Mix 1 cup bread crumbs with 1 tsp of Tony's seasoning. Set aside. Dredge crab patties into flour mixture then the milk mixture then the bread crumb mixture, packing gently but firmly.

FRYING

Heat 1 cup extra virgin light olive oil in large heavy skillet. Cook on low to medium heat for 4-5 minutes per side. Drain on paper towels.

Enjoy.