

Maryland Crab Cakes – Red Lobster's Recipe

Makes approximately 8 cakes

Ingredients:

1/2 teaspoon garlic minced
1 tablespoon onion minced
1 tablespoon celery diced
2 tablespoons mayonnaise
1 whole egg
1/8 teaspoon salt
1/8 Teaspoon Black Pepper
1 teaspoon Dijon mustard
1 teaspoon Old Bay Seasoning
1/4 cup bread crumbs
1 pound lump crab meat
2 tablespoons oil for sautéing

Preparation:

- 1) In a large stainless steel bowl, combine all ingredients except crab meat and bread crumbs.
- 2) Using gloved hands, gently mix in crab meat, then add bread crumbs.
- 3) Spread a thin layer of plain bread crumbs on work surface.
- 4) Form crab mixture into equal balls, approximately 2" in diameter. Place on crumbs.
- 5) Gently flatten ball of crab mixture and round the edges. Form cakes about 1/2" thick and 3" round. Refrigerate.
- 6) In a sauté pan, melt 2 tablespoons of oil until hot. Gently slide in crab cakes 2 at a time.
- 7) Brown on one side approximately 2 to 3 minutes. Turn and brown on the other side. Turn down heat to simmer and cook crab cakes another 5 - 8 minutes.

Chef's Tip

Don't increase the bread crumbs.

Beverage suggestions: Pinot Grigio, light lager beer