



Lowcountry Crab Cakes

These classic patties are served up and down the Eastern seaboard but the best catch is found right here: lightly breaded, pan browned and finished in the oven. Gently tossing the crab mixture and gingerly patting them into shape will ensure your crab cakes are delicate. The moist, flaky claw meat mixed with the firmer lump gives the patties better texture given the reduced amount of mayonnaise and other “binding” ingredients in this recipe.

INGREDIENTS:

½ lb crab lump meat
½ lb crab claw meat
1 Tbsp light mayonnaise
1 Tbsp Dijon mustard
1 Tbsp chopped fresh dill weed
½ tsp Old Bay seasoning mix
2 shots Tabasco pepper sauce
1 tsp Worcestershire
1 whole egg, well beaten
1 tsp micro-grated lemon skin
2 Tbsp Panko bread crumbs
½ cup more Panko crumbs (for exterior)
1 Tbsp canola oil

PREPARATION:

- Preheat the oven to 350 degrees
- Combine all but the last two ingredients and gently mix by hand
- Place remaining Panko crumbs in a pie plate
- Using an ice cream “disher”, scoop up 4 ounces of the mixture
- Drop crab mix into crumbs and gently pat down (make as thick or thin as you like)
- Turn and lightly coat both sides, carefully shaping the cake as you work
- Place on a cookie sheet and chill until ready to cook
- Add oil to a large non-stick skillet and heat to medium
- Place cakes in the pan and lightly brown on one side
- Transfer cakes to a baking sheet (browned side up) and bake 10 minutes (if your pan is oven-safe just turn the cakes and place the pan in the oven)
- Serve immediately with Roasted Red Pepper Sauce and Remoulade

Number of Servings: 4
Calories: 100
Fat grams: 3

