

Caribbean Style Crab Cakes



Caribbean, Ancho & Scallion Crab Cakes

Yield	100 crab cakes 1/2 gal sauce
Serves	50
Preparation time	15 minutes
Cooking time	25 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz		1/4 cup	Vegetable oil	
1	tbsp			Garlic	chopped fine
4	oz		1 cup	Scallions	or green onions, fine diced
4	oz		1 cup	Red bell peppers	fine diced
14	oz		8 each	Eggs	
9	tbsp			<u>MINOR'S® Lobster Base 6x1 lb.</u>	
2	tbsp			<u>MINOR'S® Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
8	lb			Crabmeat, lump	canned, drained
16	oz		2 cups	Mayonnaise	
16	oz		1 qt	Breadcrumbs, dried	
28	oz		6 cups	Commeal	
8	fl oz		as needed	Vegetable oil	
1/2	gal		1 jug	<u>MINOR'S® Caribbean Style Sauce RTU 4x0.5 gal.</u>	

Preparation Steps

1. In a sauté pan, sauté garlic, scallions/green onions and red bell peppers in oil for 3-4 minutes. Remove from heat and place into a large bowl. Chill rapidly.
2. Add eggs, Lobster Base, Ancho Flavor Concentrate, crabmeat, mayonnaise and bread crumbs. Mix gently but well to incorporate all ingredients.
3. Form into round cakes using a No. 12 scoop (approximately 3-1/2 oz.). Make each cake 1/2 in. thick.
4. Lightly coat each crab cake with corn meal. Chill.
5. In a non-stick sauté pan, heat oil. Sauté crab cakes until brown on each side. Adjust oil as needed.
6. Serve with Caribbean Style Sauce (hot or cold).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	352.8
Energy (Kj)	1497.5
Protein (g)	17.5
Carbohydrate, total (g)	43.2
Fats, total (g)	11.5
Sugars, total (g)	17.4
Fats, saturated (g)	1.8
Fiber, total dietary (g)	1.9
Sodium (mg)	1080
Calcium (mg)	96.6
Cholesterol (mg)	95.4
Iron (mg)	2.1

Vitamin A (µg_RAE)	70.1
Vitamin C (mg)	8.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.