

Maryland Crab Cakes

Makes about 5 large crab cakes

1 pound fresh crab meat, picked clean of shells
3 tablespoons flour
3 tablespoons mayonnaise
1 teaspoon dijon mustard
1 egg, beaten
1 teaspoon Old Bay, or other seafood seasoning

Add flour, mayonnaise, dijon, the egg, and the Old Bay to a large bowl. Whisk to combine. Carefully fold in the crab meat, being careful as possible not to separate the lumps of meat. Gently form about 1/2 cup of the crab mixture into a cake about 3 inches wide by 1 inch thick with your palms. Once formed, set aside on a cookie sheet lined with wax paper.

Heat about 1/2 cup vegetable oil in a heavy-bottomed skillet (I like to use my trusty cast iron pan!) over medium-high heat for 2 minutes. Add crab cakes to hot oil, and fry for about 4 minutes on each side – until nice and golden. Transfer from pan to a paper towel lined plate to drain. Serve with cocktail sauce, tartar sauce, and plenty of fresh lemon.

Source: Morgan's Aunt "B"

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