

Crab Cakes

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INGREDIENTS:

- 2 cups Fresh Crab Meat
- 1/2 cup Breadcrumbs, Nice Panko
- 1/3 cup Mayonnaise
- 1 Egg Beaten
- 2 Tbs Worcestershire Sauce
- 2 Tbs Dijon Mustard
- 1 Tbs Garlic Powder
- Teaspoon Salt
- Teaspoon Pepper
- Hot Sauce (Optional, but I love the Tabasco Siracha)
- Vegetable Oil (1/2 cup)



Note: You can buy canned crabmeat, but I like to buy fresh when I can, but if you can't, try to buy the crab meat that comes in a clear container so you can see the color. It should be white and not have a lot of brown.

DIRECTIONS:

You'll want to grab two bowls: one for the wet ingredients, one for the dry ingredients. In one bowl, combine mayo, Worcestershire sauce, Dijon, hot sauce, garlic powder and the egg. Mix it until completely combined. In a dry bowl, gently mix the crab, breadcrumbs salt and pepper. You want to be as gentle so you don't break up the crabmeat too much.

Using a 1/4 cup measuring spoon, pack your crab mixture into your cup. Pop it out and put it on a plate. You should be able to make about 9 or 10 crab cakes. Put your cakes in the fridge for about 20 minutes to keep them from cracking when you fry them. In a frying pan, heat your oil on medium high heat. Place your chilled crab cakes in for 3-4 minutes each side. Check how they are browning and adjust your heat if needed.

Serve on a salad, by itself, or do like me, and eat them alone in your kitchen. Garnish with lemon wedges.

