

# Crab Cakes

Serves 3 to 4 as a main dish, 6 to 8 as an appetizer

## Ingredients

- 2 tablespoons freshly chopped parsley
- ½ teaspoon dry mustard (*can use up to 1 teaspoon if desired*)
- 1 teaspoon Chicken Maranade Worcestershire sauce
- 2 large eggs, beaten
- 2 tablespoons mayonnaise
- 1 teaspoon fresh lemon juice
- 1 pound cooked crab meat, flaked
- ½ cup Panko bread crumbs, more as needed
- Salt and pepper to taste
- Additional bread crumbs for dredging
- Butter and canola oil for frying

## Instructions

1. Mix together the parsley, mustard, Worcestershire, eggs, lemon and mayonnaise. Add the crab meat and crumbs. Season with salt and pepper and combine well but gently, so you don't break up the crab meat. Divide the mixture into 1 ½ oz portions; flatten gently into thick patties.
2. Coat each patty lightly with crumbs. If possible, refrigerate for 30 minutes before sautéing.
3. Heat canola oil, enough to generously cover the bottom, in a large fry pan over medium-high heat. Add the crab patties, in batches if necessary, and fry until golden brown on both sides, about 4 minutes per side.
4. Remove from pan and drain on paper towels. Serve immediately, with or without the Red Pepper Sauce.

**Notes:** The recipe can be cut in half. I often add herbs, such as chopped chives or dill for extra flavor. Just don't add so much as to overpower the crab. Cooked crabcakes may be kept warm in a 200° F oven while waiting for others to sauté.



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## Camano Culinary Creations

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# Roasted Red Pepper Sauce with Capers and Dill

MAKES ABOUT 1 CUP

This is very easy to make and is a great accompaniment to many types of seafood. Omit the dill, add a different herb, and it may be used with other dishes such as chicken or pork.

## Ingredients

- 2 large red bell peppers, [roasted](#) and peeled
- 2 teaspoons fresh dill
- 1 tablespoon fresh parsley
- 1 tablespoon drained capers
- 2 tablespoons sour cream
- 2 tablespoons mayonnaise
- Salt and pepper to taste

## Instructions

1. Puree the peppers, dill, parsley and capers in a processor or blender. Transfer to a small bowl.
2. Add the sour cream, mayonnaise, salt and pepper. Whip until combined. Taste for seasoning.
3. Let stand until needed, about 30 minutes, or refrigerate up to 2 days.
4. Bring to room temperature before serving.



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