



Recipe: Crab Cakes

by Dr. Scott Angle

INGREDIENTS:

- 1 lb jumbo lump blue crab meat
- $\frac{2}{3}$ - $\frac{3}{4}$ cup of mayo
- 1 Tbsp Worcestershire sauce
- 1 Tbsp yellow mustard
- 1 egg
- 1 tsp seafood seasoning, to taste
- 6 salted saltine crackers, crushed
- 2 slices soft white bread, crust removed and torn into small pieces
- Butter

DIRECTIONS:

1. Preheat oven to 425°.
2. Drain crab meat and use bare hands to gently sift it and remove pieces of shell.
3. Whisk mayo, Worcestershire sauce, mustard, egg, and seafood seasoning together.
4. Gently fold crab meat into the mixture, using your hands to keep from breaking it up.
5. Gently fold in crackers and white bread with your hands.
6. Form cakes into 4-5 balls.
7. Place a dab of butter on the top of each cake.
8. Bake in a foil-lined pan for 15 minutes, until golden brown.