



Maryland Crab Cakes with Remoulade Sauce

Preparation Time: 15 mins

Cooking Time: 12-18 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

- 2 ¼ cups/1lb lump crab meat
- 1 large organic egg
- 2 teaspoons worcestershire sauce
- ¼ cup mayonnaise
- 2 teaspoons dijon mustard
- 1 teaspoon Old Bay seasoning
- 1 teaspoon lemon juice
- 2/3 cup crushed saltine crackers (14)
- 1 tablespoon finely chopped parsley
- 3 tablespoons melted butter

Old Bay Seasoning

If you can't find it, then it's definitely worth making your own.

- 1 tablespoon dried bay leaves crushed
- 2 teaspoons sea or celery salt
- 1 ½ teaspoons ground dry mustard
- 1 ½ teaspoons freshly ground black pepper
- 1 teaspoon smoked/sweet paprika
- 1 teaspoon ground celery seeds
- ½ teaspoon white pepper
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- Pinch each: ground clove, mace, cardamon, and allspice.

DIRECTIONS

1. Preheat your oven to 450f/232c.
2. In a medium to large bowl, add the egg and whisk it.
3. Add the mayonnaise, Dijon mustard, Worcestershire sauce, Old Bay seasoning, lemon juice, and salt. Whisk until combined.
4. Add the crab and saltine crackers. Gently fold with a spatula until just mixed.
5. Melt the butter (I just use the microwave)
6. On a rimmed baking sheet, grease with a little of the melted butter.
7. Using a ½ cup measuring cup, portion the crab cake mix onto the baking sheet. It should make 6 crab cakes.
8. Use a spoon to flatten and reshape.
9. Brush the top of each with butter.
10. Bake for approximately 14 minutes (Altitude requires a little more time). Bake until browned on top.
11. Serve with remoulade sauce. See my recipe under the Sauces tab.