

Handy-Dandy Shopping List – Crab Cakes

Recipe from www.idiotskitchen.com – Adapted from Cook's Illustrated



Ingredients for Crab Cakes:

1 Pound Lump Crab Meat – look in the refrigerator cases near the fresh fish counter or buy fresh if available

3-4 Green Onions (dark green part only)

Fresh Parsley

Plain Dry Breadcrumbs

Flour

Old Bay Seasoning

Tabasco Sauce

Salt & Pepper

Mayonnaise

1 egg

Butter

Light Olive Oil

Ingredients for the Arugula Salad:

Fresh Baby Arugula

Light Olive Oil

Lemon (½ for juice and ½ for garnish)

Dijon Mustard

Salt & Pepper