

Idiot's Kitchen Recipe – Crab Cakes

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



Ingredients for Crab Cakes:

- 1 Pound Lump Crab Meat
- 3-4 Green Onions (dark green part only)
- 2 Tablespoons Fresh Parsley, minced
- ¼ cup Mayonnaise
- 3-4 Tablespoons Plain Dry Breadcrumbs
- 2 teaspoons Old Bay Seasoning
- Tabasco Sauce
- Salt & Pepper
- 1 egg
- Butter
- Light Olive Oil
- ¼ cup Flour

Pick through the crab meat to remove any bits of shell. Combine 1 pound crab meat, ¼ cup minced green onions, 2 Tablespoons minced fresh parsley, ¼ cup mayonnaise, 2 Tablespoons breadcrumbs, 2 teaspoons Old Bay Seasoning, 2-3 dashes of Tabasco in a large bowl. Add salt and pepper to taste (about ½ teaspoon each) and mix carefully folding the ingredients together.

Add 1 egg and mix gently. Add 1-2 more Tablespoons of breadcrumbs until the mixture is wet but just holds together. Form crab mixture into cakes and refrigerate for 20-30 minutes.

Add 1 Tablespoon butter and 1 Tablespoon Light Olive Oil to a large (preferably non-stick) pan. Put ¼ cup flour on a plate and lightly dredge each crab cake to coat both sides. When the butter is foamy but not brown, add the crab cakes to the pan. Cook over medium heat for 3-4 minutes on each side until golden brown.

Ingredients for the Arugula Salad:

Fresh Baby Arugula

Light Olive Oil

Lemon (½ for juice and ½ for garnish)

½ teaspoon Dijon Mustard

Salt & Pepper

Mix 2 Tablespoons light olive oil with the juice of ½ a lemon, ½ teaspoon Dijon mustard, and salt and pepper in a large bowl.

Just before serving, toss the arugula with a light coating of dressing. Make a bed of arugula on a plate and top with warm crab cakes. Garnish with lemon.

Makes 6 medium or 4 jumbo crab cakes.