

# CRAB CAKES (MARYLAND STYLE)

**F EASY**

Last Modified: 12/02/2016

PREP: 2 Hrs 20 Min  
COOK: 15 Min  
STOVETOP & OVEN 400

SEAFOOD

**MAKES 4 SERVINGS (8 CRAB CAKES)**

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Fresh Lump Crab Meat (NOT Claw)	
OR IF FRESH IS NOT AVAILABLE			
1	Pound	Refrigerated Jumbo Lump Crab Meat	
1	Cup	Mayonnaise (Hellmann's)	
1/4	Cup	Extra Virgin Olive Oil (EVOO)	
1/4	Cup	Grapeseed Oil	
PLUS			
2	Tbsp	Grapeseed Oil	Divided
1 1/2	Tbsp	Lemon Juice	
1	Clove	Garlic	Smashed
1	Pinch	Fine Sea Salt	
1	Cup	Ritz Crackers	Crushed Fine
1	Large	Egg	Lightly Beaten
1	Tbsp	Dijon Mustard	
1	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1/2 +/-	Tsp	Red Tabasco Pepper Sauce	To Taste
1 +/-	Pinches	Cayenne Pepper	To Taste

## OPTIONAL

3	Stalks	Green Onions (Greens Only)	Fine Chop
		Lemon Wedges	
1	Recipe:	Sauce - Lobster Thermidore Sauce (Non Creamy Version)	

## PREPARATION

<b>FACTOID</b>	Crab Meat is EXPENSIVE (\$27.00 + a pound)! This dish <u>will</u> taste like CRAB! If you don't LOVE the taste of Crab - Save your money and make something else. Fresh Crab is by far best, although, generally available ONLY on the Coasts. A borderline acceptable second choice is Supermarket Crab in a plastic tub. NEVER, EVER, NEVER use any form of canned or "fake" Crab Meat.
<b>TOOLS</b>	1) Large Mixing Bowl 2) Medium Mixing Bowl 3) Large Cast Iron Skillet 4) Zip Lock Bag 5) Aluminum Half Sheet Pan (Cold) 6) 2 - Flexible Long Slotted Spatulas
<b>PREP</b>	<b>DISH</b> 1) Smash the Garlic Clove and set it aside.
<b>1</b>	Dump the Crab Meat onto a cold sheet pan, search diligently for, remove and discard any shell pieces or odd looking stuff you can find. Do NOT break apart the lumps.
<b>2</b>	Place the Ritz Crackers in a zip lock bag, squeeze out the air and seal it tightly. Crush them with a rolling pin until they are VERY fine.

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<b>HINTS</b>	You may perform Step #3 using a food processor as long as you CAREFULLY pulse it instead of simply running it. The Mayonnaise WILL break down and separate if it is mechanically processed too much.
<b>3</b>	In a medium mixing bowl, lightly whisk the Mayonnaise until it's broken up and smooth. Slowly pour in the Olive Oil while continuously whisking. Slowly pour in the 1/4 Cup of Grapeseed Oil while continuously whisking. Whisk in the Lemon Juice and season the mixture to taste with Cayenne Pepper.
<b>4</b>	Transfer 1/2 cup of the Mayonnaise Mixture into a small mixing bowl and set it aside.
<b>5</b>	Using the flat side of a chef's knife, grind the Garlic into a paste using a generous pinch of Sea Salt. Whisk the Garlic Paste into the medium mixing bowl of the Mayonnaise Mixture, then transfer this "Aioli" into a pretty serving bowl and set it aside. You may mix in very finely chopped Green Onions of desired.
<b>6</b>	In a large mixing bowl, gently fold the Crabmeat with the Cracker Crumbs, Egg, Mustard, Worcestershire Sauce, Tabasco and the reserved 1/2 Cup of the Mayonnaise Mixture. Shape the mixture into six 1-inch-thick crab cakes and transfer to a wax paper-lined plate.
<b>7</b>	Using dampened hands, loosely shape the Crab Mixture into six equal 1 inch thick Crab Cakes, transferring each (NOT touching) to a wax paper lined dinner plate. Refrigerate them uncovered until they are very firm, at least 2 Hours.
<b>CAUTION</b>	ALWAYS move the Crab Cakes by using two long slotted spatulas (one pressing lightly on the top & one underneath), carefully lift them up and flip over each of the Crab Cakes.
<b>8</b>	Preheat the oven to 400 degrees with a rack just below center. In a large cast iron skillet over medium heat, heat 2 tablespoons of Grapeseed Oil until it shimmers. Carefully add in the Crab Cakes (NOT touching) and cook until they are golden brown on the bottom, about 3 to 4 minutes.
<b>9</b>	Carefully flip over the Crab Cakes using 2 spatula's. Transfer the skillet to the oven and bake them until golden brown on top and cooked through, about 10 minutes.
<b>SERVE</b>	Transfer the Crab Cakes to a serving platter and serve them while hot with the Garlic Aioli on the side and drizzled with Lobster Thermidore Sauce along with Lemon Wedges.