

CRAB CAKES (MARYLAND STYLE)

F EASY

Last Modified: 12/02/2016

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

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

FACTOID	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.
TOOLS	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
PREP	DISH 1) Smash the Garlic Clove and set it aside.
1	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.
2	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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HINTS	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.
3	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.
4	Transfer 1/2 cup of the Mayonnaise Mixture into a small mixing bowl and set it aside.
5	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.
6	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.
7	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.
CAUTION	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.
8	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.
9	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.
SERVE	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.