

CRAB CAKES

Last Modified: 12/02/2016

PREP: 1 Hr
COOK: 10 Min
STOVETOP

F EASY

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	Supermarket
4	Oz	Medium Shrimp (41 / 50 Count)	Raw
1 1/2	Cups	Panko Bread Crumbs (Kikkoman)	Toasted
1/4	Cup	Heavy Cream	
2	Stalks	Celery	Chopped
1	Small	Yellow Onion	Chopped
1	Clove	Fresh Garlic	Smashed
1	Tbsp	Unsalted Butter	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Tsp	Dijon Mustard	
1	Tsp	Lemon Juice	
1/2 +/-	Tsp	Red Tabasco Pepper Sauce	To Taste
1/2	Tsp	Old Bay Seasoning	
4	Tbsp	Safflower Oil	Divided

OPTIONAL

		Lemon Wedges	
1	Recipe:	Sauce - Remoulade Sauce	
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	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Food Processor OR Blender 3) Pie Tin 4) Medium Non-Stick Skillet 5) Zip Lock Bag 6) Aluminum Half Sheet Pan (Cold) 7) 2 - Flexible Long Slotted Spatulas
PREP	DISH <ol style="list-style-type: none"> 1) Smash the Garlic Clove and set it aside. 2) Chop the Yellow Onion and add it on top of the Garlic. 3) Chop the Celery and add it on top of the Garlic.

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HINTS	Safflower Oil is relatively flavorless and allows the Crab taste to be the primary flavor. Any Vegetable Oil will work OK here, but most may end up altering the Crab taste of the dish.
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.
2	Divide the Bread Crumbs in half. Place 1/2 in a zip lock bag, squeeze out the air and seal. With a rolling pin, crush them until they are very fine. In a medium non stick Skillet over medium high heat, mix ALL of the Bread Crumbs together and lightly toast until they turn a golden color (stirring constantly to keep them from burning). Pour the Bread Crumbs into a pie tin, Salt and Pepper them to taste, mix well and set aside to cool.
3	Place the Garlic, Onion and Celery into a Food Processor. Pulse the mixture several times, until all the Vegetables are chopped evenly and small - No Large Chunks.
4	Wipe any Bread Crumbs out of the skillet. Over medium heat, melt the Butter and add in the Vegetable Mixture. Salt and Pepper. Saute while stirring for 4 to 5 minutes, until the Vegetables are soft. Place them in a large mixing bowl to cool and set them aside.
NOTE	Step #5 makes the binder (glue) that keeps the Crab Cakes from falling apart while handling & frying, while still allowing them to taste like Seafood.
5	In a food processor, pulse the Shrimp until coarsely pureed. Continuously scrape the sides down with a spatula since there is not really enough material in there to promote self-mixing. Add in 3/4 of the Heavy Cream and pulse it to mix well (This should be wet, but NOT runny). If too dry, add in Cream until the mixture looks right. Spoon the mixture into a medium mixing bowl and add the Shrimp Mixture on top of the Vegetable Mixture.
6	To the Vegetable & Shrimp Mixture, add in the Mustard, Lemon Juice, Hot Sauce and Old Bay Seasoning and stir to mix them thoroughly.
7	<u>Gently</u> fold in the Crab Meat until it just comes together. Be careful to NOT break up the chunks of Crab Meat any more than is absolutely necessary.
8	With a spatula, divide the Crab Cake mixture in the mixing bowl into 4 equal sections. Remove each section and carefully form the Mixture into a round ball (do NOT squeeze tightly). Place each ball on a parchment lined sheet pan. Press and shape the Balls so they are about 1/2 inch thick and nicely rounded with no cracks. Cover them loosely with plastic wrap and refrigerate them for a minimum of 30 minutes, or until they have firmed up enough to handle without breaking apart.
9	Place each Crab Cake gently into the Bread Crumb pan, patting the Crumbs carefully into the surface. Turn them over gently using a long slotted spatula (See Picture). Make certain that the Crumbs adhere well to the top, bottom and sides and put them back onto the parchment paper.
CAUTION	If the WHOLE 2 tablespoons of Oil is added to the skillet when frying the first side, the Bread Crumbs will soak it all up and the Crab Cakes will end up being very greasy on one side and not browned at all on the other.
10	In the original non-stick Skillet, heat 1 tablespoon of Safflower Oil until it just begins to shimmer. Carefully (remember - the Cakes are still VERY fragile at this point) add in each Crab Cake while slightly tilting the skillet to make certain that each Cake has a little Oil beneath it.. Fry until they are Golden Brown (about 3 to 4 minutes).
11	Using two long slotted spatulas (one pressing lightly on the top & one underneath), carefully lift up and flip over each of the Crab Cakes. Add another tablespoon of Safflower Oil divided beneath the center of each of the Cakes and fry the other side for another 3 to 4 minutes.
SERVE	Serve the Crab Cakes while hot, drizzled with Lobster Thermidore Sauce (Non Creamy version) with Lemon Wedges and / or a nice Creamy Remoulade Sauce on the side.

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