

BALTIMORE CRAB CAKES

BY: Simply Creative Chef Rob Scott

Ingredients:

2 large eggs
2 ½ tablespoons mayonnaise (good quality ex: Hellmann's or Duke's)
1 ½ teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
¼ teaspoon salt
¼ cup finely diced celery, from one stalk
2 tablespoons finely chopped fresh parsley
1 pound lump crab meat (remove any hard and sharp cartilage)
½ cup panko bread crumbs
Canola oil, for cooking

Directions:

- Line a baking sheet with aluminum foil for easy clean-up
- Combine eggs, mayonnaise, Dijon mustard, Worcestershire sauce, Old Bay, salt, celery and parsley in a large bowl and mix well
- Add the crab meat and panko
- Using a rubber spatula, gently fold the mixture together until just combined, being careful not to shred the crab meat
- Shape into six cakes, using about ½ of mixture, and place on the prepared baking sheet
- Cover and refrigerate for at least one hour to help them set
- Preheat a large nonstick pan to medium heat and coat with canola oil
- When the oil is hot, place the crab cakes in the pan and cook until golden brown, 3 – 5 minutes per side
- Serve immediately with tartar sauce or a squeeze of lemon