

Crab Cakes

Ingredients

- 1 large egg
- 1/4 cup mayonnaise
- 1 Tablespoon chopped fresh parsley (or 2 teaspoons dried)
- 2 teaspoons dijon mustard
- 2 Tablespoons fresh chives
- 1 teaspoon Old Bay seasoning (*up to 1 and 1/2 teaspoons for a spicier kick*)
- 1 teaspoon fresh lemon juice, plus more for serving
- 1/8 teaspoon salt
- 1 can fresh lump crab meat
- 3/4 cup panko breadcrumbs
- optional: 2 Tablespoons (30g) melted salted or unsalted butter

Instructions

1. Whisk the egg, mayonnaise, parsley, Dijon mustard, Old Bay, lemon juice, and salt together in a large bowl. Place the crab meat on top, followed by the panko breadcrumbs. With a rubber spatula or large spoon, very gently and carefully fold together. You don't want to break up that crab meat!
2. Cover tightly and refrigerate for at least 30 minutes and up to 1 day.
3. Preheat oven to 450°F (232°C). Generously grease a rimmed baking sheet with butter or nonstick spray or line with a silicone baking mat.
4. Using your hands shape into round balls and then press down flat (you can also use round cookie cutter to shape)
5. Lightly sauté Crab cakes in shallow pan until golden brown. Remove and place on sheet tray lined with Parchment paper.
6. Bake for 12-14 minutes. Drizzle each with fresh lemon juice and serve warm.
7. Cover leftover crab cakes tightly and refrigerate for up to 5 days or freeze for up to 3 months.
8. Optional sides: roasted baby potatoes and Corn on the cob

Notes

1. Freezing Instructions: You can freeze the portioned un-baked crab cakes for up to 3 months. Thaw in the refrigerator, brush with melted butter, then bake as directed. You

can also freeze the baked and cooled crab cakes for up to 3 months. Thaw, then warm up in a 350°F (177°C) oven for 10-15 minutes or until warmed throughout. Or bake the frozen crab cakes at 350°F (177°C) for about 25-30 minutes.