

Pan-sautéed Mississippi Gulf Crab cakes feature a crunchy crust and soft, satisfying center.

TIME

75 minutes

SERVES

4

SEASON

spring, summer, fall, winter

METHOD

fry

INGREDIENTS

- 16 oz Mississippi Gulf crabmeat (jump lump or backfin) picked for shells
- 1 each egg
- 3 slices white bread, toasted (or 3/4 cup bread crumbs)
- 1 tsp mayonnaise
- 1 tsp Dijon mustard
- 2 tsp Old Bay seasoning
- 1/4 bunch parsley, chopped
- 2 cups vegetable oil (for frying), or as needed
- 2 Tbsp tartar sauce, mustard, or cocktail sauce

DIRECTIONS

1. Lightly beat the egg in a medium bowl.
2. Crumble the toasted bread into the bowl with the egg.
3. Add the mayonnaise, Dijon mustard, Old Bay seasoning and parsley. Mix well.
4. Add the crab and gently fold into the mixture, taking care not to break up the lumps of crabmeat.
5. Form the cakes by hand or with an ice cream scoop into 8 mounded rounds about 3 inches in diameter and 3/4-inch thick.
6. Do not pack the mixture too firmly. The cakes should be as loose as possible, yet still hold their shape.
7. Place the cakes on a cookie sheet lined with wax paper.
8. Cover and refrigerate for at least one hour before cooking.
9. Pour 1-2 inches of oil into a heavy skillet.
10. Heat the oil and fry the crab cakes, a few at a time, until golden brown (about 4 minutes on each side).
11. Remove with a slotted utensil to paper towels to drain.
12. Serve at once, with tartar sauce, mustard or cocktail sauce on the side.

To Broil: Slip the crab cakes under a preheated broiler until nicely browned, turning to cook evenly, about 4 to 5 minutes each side.

Serving Suggestion: Serve with lightly dressed mixed greens or sliced ripe tomatoes with pesto.