
Crab Cakes

Chef Judy Gilliard

Servings: 4

2 large eggs
3 tablespoons mayonnaise
2 teaspoons hot sauce
1 teaspoon Dijon mustard
2 stalks celery, chopped fine
1 tablespoon parsley, finely chopped
1 teaspoon seasoned salt
1/4 teaspoon black pepper
6 ounces Alaska surimi seafood, finely sliced
4 ounces crab meat, canned, rinsed
3/4 cup panko
Butter and oil, as needed
4 slices French bread slices (sour dough)

Mix eggs, mayonnaise, mustard, parsley, hot sauce, salt and pepper thoroughly into a thin batter. Slice Alaska surimi and crumble it by hand. Fold crumbled surimi, crab meat and bread crumbs into batter.

Heat 1 tablespoon butter and 1 tablespoon oil in large skillet over low heat. Form 8 patties, then pan fry cakes several minutes until golden brown. Add butter or oil to skillet as needed.

Spray both sides of bread with butter spray and grill, cut in half and serve with crabs cake on top

Per Serving (excluding unknown items): 297 Calories; 13g Fat (40.0% calories from fat); 20g Protein; 25g Carbohydrate; 2g Dietary Fiber; 148mg Cholesterol; 871mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

