
Mini Crab Cakes (Hot)

Cheri Lee Burritt Yates

Party Recipes from the Charleston Junior League - 1993

Servings: 10

1 egg
minced garlic (to taste)
2 teaspoons prepared mustard
1 teaspoon Worcestershire sauce
salt (to taste)
freshly ground pepper (to taste)
1 pound backfin crab, picked over and shells discarded
1/4 cup unseasoned bread crumbs
unbleached all-purpose flour (for dredging)
clarified butter
2 tablespoons unsalted butter
1 teaspoon fresh lemon juice
1 1/2 tablespoons chopped parsley

Preheat the oven to 350 degrees.

In a small bowl, combine the egg, garlic, mustard, Worcestershire sauce, salt and pepper. Beat well.

Place the crabmeat into a medium-size bowl. Add the egg mixture and the bread crumbs. Mix well. Using your hands, form small cakes, 1/2 to 3/4 inch thick and 1-1/2 to 2 inches in diameter.

Flour the cakes on both sides. Heat the clarified butter in an ovenproof frying pan. Add the crab cakes and brown on one side. Turn the cakes and immediately place the frying pan into the oven. Bake until the undersides are brown and the cakes are heated through, 3 to 5 minutes.

While the crab cakes are baking, place the unsalted butter into a small saucepan. Heat over low heat until the butter foams. Add the lemon juice and parsley.

Place the crab cakes on a platter or tray. Pour the butter sauce over the top.

Appetizers

Per Serving (excluding unknown items): 29 Calories; 3g Fat (86.5% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 25mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.