

Crab Cakes II

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

1 medium egg, slightly beaten
1/3 cup unseasoned bread crumbs
2 tablespoons mayonnaise
2 teaspoons fresh parsley, minced
1 teaspoon celery leaves, minced
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon lemon juice
1 pound cooked crabmeat
3 tablespoons butter
1 lemon, cut in wedges

In a large bowl, mix the egg, bread crumbs, mayonnaise, parsley celery, Worcestershire, mustard, salt and pepper.

Sprinkle lemon juice over the crabmeat and add to the mixture in the bowl. Stir with a fork until blended. Divide into six to eight portions.

In a ten-inch skillet over medium heat, melt the butter. Spoon four of the crab portions into the skillet, lightly flatten the tops to form patties. Fry until golden on one side. Turn and brown the remaining side. Remove to a platter and keep warm.

Repeat with the remaining wedges.

Serve with lemon wedges.

Per Serving (excluding unknown items): 101 Calories; 11g Fat (89.1% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 52mg Cholesterol; 283mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.