



Chesapeake Bay Classic Crab Cakes

READY IN



100 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 cups bread crumbs fresh
- 0.5 cup canola oil
- 1 cup chili sauce (recommended: Heinz)
- 1.5 teaspoons cider vinegar
- 1 tablespoon dijon mustard
- 1 large egg yolk
- 1 tablespoon horseradish prepared
- 2 dashes hot sauce (recommended: Tabasco)

- 4 servings cocktail sauce green red
- 1 juice of lemon juiced
- 0.3 teaspoon kosher salt
- 1.5 teaspoons juice of lemon fresh
- 4 lemon wedges
- 0.5 teaspoon lemon zest grated
- 1 pound lump crab meat blue drained
- 0.3 cup parsley leaves chopped
- 1 tablespoon scallions white green minced
- 1 tablespoon seafood seasoning (recommended: Old Bay Seasoning)
- 4 tablespoons butter unsalted
- 1 teaspoon worcestershire sauce

Equipment

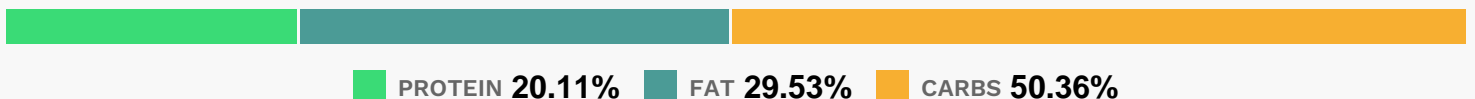
- food processor
- bowl
- frying pan
- sieve
- blender
- plastic wrap
- kitchen thermometer
- spatula

Directions

- Put the egg yolk, seafood seasoning, mustard, lemon zest and juice, and vinegar in the bowl of a food processor or a blender and process until smooth. Gradually pour in the oil with the machine running until the mixture emulsifies and forms a mayonnaise. Season with the salt and pepper. (Note: this quantity of mayonnaise will not emulsify in the bowl of the largest size food processor. Use a medium size food processor, a mini processor, or a blender.)

- Transfer the mayonnaise to a bowl and, using a rubber spatula, fold in the scallions and the crabmeat until well combined.
- Combine the bread crumbs and the parsley in a shallow container. Form the crab mixture into 8 patties about 3-inches wide and 3/4-inch thick and drop them into the bread crumb-parsley mixture. Dredge the crab cakes on both sides. If you have time, leave the crab cakes in the container of bread crumbs, cover with plastic wrap, and chill for 1 hour or more.
- When you are ready to fry the crab cakes, put 2 large nonstick skillet over medium heat.
- Add about 2 tablespoons butter to each pan. When the butter is melted, add 4 crab cakes to each pan, patting off excess crumbs first. Slowly fry the crab cakes over medium heat until they are golden brown on both sides and hot through, turning once with a spatula, about 4 minutes per side. If the crab cakes are browning too quickly, reduce the heat. The internal temperature of a cooked crab cake should be 155 degrees F on an instant-read thermometer.
- Transfer the crab cakes to plates, 2 per person, and serve with your choice of sauce and lemon wedges.
- ounces tomatillos, husked and cut into quarters
- tablespoons rice wine vinegar
- tablespoon sugar
- teaspoons green hot sauce (recommended: Tabasco)
- teaspoon chopped garlic
- teaspoon mustard seeds, toasted
- teaspoon peeled and grated fresh horseradish
- Put the tomatillos in the bowl of a food processor and process until coarsely pureed.
- Remove the tomatillo puree to a sieve, drain off the liquid and discard.
- Put the drained puree in a bowl and stir in the vinegar, sugar, hot sauce, garlic, mustard seeds, and horseradish.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:44.242608681969%

Flavonoids

Eriodictyol: 4.3mg, Eriodictyol: 4.3mg, Eriodictyol: 4.3mg, Eriodictyol: 4.3mg Hesperetin: 6.38mg, Hesperetin: 6.38mg, Hesperetin: 6.38mg, Hesperetin: 6.38mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 767.69kcal (38.38%), Fat: 25.03g (38.51%), Saturated Fat: 9.51g (59.41%), Carbohydrates: 96.07g (32.02%), Net Carbohydrates: 88.42g (32.15%), Sugar: 17.34g (19.27%), Cholesterol: 123.63mg (41.21%), Sodium: 2895.06mg (125.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.71%), Vitamin B12: 10.69µg (178.18%), Selenium: 73.33µg (104.75%), Vitamin K: 88.66µg (84.44%), Vitamin B1: 1.19mg (79.17%), Copper: 1.45mg (72.44%), Manganese: 1.16mg (58%), Zinc: 8.69mg (57.91%), Phosphorus: 496.53mg (49.65%), Vitamin B3: 9.67mg (48.36%), Folate: 192.69µg (48.17%), Vitamin C: 38.92mg (47.17%), Iron: 7.45mg (41.38%), Vitamin B2: 0.58mg (33.92%), Fiber: 7.65g (30.6%), Magnesium: 120.46mg (30.12%), Calcium: 300.93mg (30.09%), Vitamin A: 1268.97IU (25.38%), Vitamin B6: 0.47mg (23.38%), Potassium: 800.16mg (22.86%), Vitamin E: 2.92mg (19.46%), Vitamin B5: 1.22mg (12.15%), Vitamin D: 0.44µg (2.93%)