

DINNER

Citrus Crab Cake

17 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	20 min	10 min	4	\$7.30	1,357 kcal



You can never have too many hor d'oeuvre recipes, so give Citrus Crab Cake a try. For \$7.3 per serving, this recipe covers 38% of your daily requirements of vitamins and minerals. One serving contains 1357 calories, 31g of protein, and 132g of fat. This recipe serves 4.

Ingredients

- ☐ 1 avocado, sliced, for garnish
- ☐ 4 servings Red chili oil, for garnish
- ☐ ½ bunch cilantro, leaves chopped
- ☐ 1½ cups clarified butter
- ☐ 4 green onions, sliced thin
- ☐ 2 roasted jalapenos, seeded, finely diced
- ☐ ½ cup About Japanese bread crumbs (panko), or more to taste
- ☐ 1 teaspoon chili powder
- ☐ ½ bunch cilantro, leaves finely chopped
- ☐ 3 egg yolks
- ☐ 4 servings Micro cilantro and other greens, tossed in extra-virgin olive oil, seasoned with salt and pepper, for garnish
- ☐ 1 lime, juiced

☐ 1 pound lump crabmeat

☐ ¼ cup orange juice

☐ 1 roasted red pepper, seeded, finely diced

☐ ¼ cup water, more or less to adjust the consistency

☐ ¾ cup About mayonnaise

☐ ½ cup About coarsely chopped roasted pumpkin seeds

☐ 4 servings Salt and freshly ground black pepper

☐ ¼ cup water, more or less to adjust the consistency

EQUIPMENT Bowl, Frying pan, Whisk, Double boiler

Method

- 1 In a large bowl, fold all ingredients together being careful not to break up the crab. Mold mixture into 4 (4-inch) ring molds (I use a donut cutter with the center whole cutter removed). Coat a large saute pan, over medium-high heat and add the crab cakes. Cook until the exterior is browned and cake is warmed through, about 3 minutes per side.
- 2 Transfer to a platter.
- 3 Cook egg yolks and orange juice over a double boiler until yolks thicken enough to coat the back of a spoon.
- 4 Remove from heat and whisk in butter until the sauce thickens to a consistency similar to mayonnaise. Thin the sauce a bit with the water.
- 5 Add cilantro and season with salt and pepper, to taste.
- 6 Top the crab cakes with avocado.
- 7 Garnish with micro cilantro salad and red chili oil and serve with Citrus Cilantro Hollandaise.

Nutrition per serving

1,357
KCAL

31 g
PROTEIN

132 g
FAT

18 g
CARBS

Saturated Fat	52.5 g · 328% of daily needs
Fibre	5.8 g · 23% of daily needs
Sugar	3.9 g · 4% of daily needs
Sodium	1,458 mg · 63% of daily needs
Cholesterol	384 mg · 128% of daily needs
Vitamin C	53 mg · 64% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/citrus-crab-cake-143158