

Crab Fritters

*Leah Eskin - Chicago Tribune Newservice
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Yield: 16 two-inch crabcakes

*1 pound jumbo lump crabmeat,
drained and shell shards removed
2/3 cup green onions, finely chopped
finely grated zest of one lemon
2 teaspoons fresh lemon juice
1 teaspoon Kosher salt
2 eggs
1/4 cup fresh breadcrumbs
BATTER
2 eggs, separated
1 cup beer
1 cup flour
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
1/4 teaspoon ground cayenne
FOR FRYING
canola oil*

Preparation Time: 30 minutes

Shape: To make the crabcakes, in a bowl combine the crab meat, green onions, lemon zest, lemon juice, Kosher salt, eggs and breadcrumbs. Mix gently with a fork. Press firmly into sixteen cakes, each two-inches in diameter. Cover with plastic. Chill for one hour or more.

Mix: To make the batter, in a bowl beat the egg whites to sturdy peaks. In another bowl, whisk together the beer, flour, egg yolks, Worcestershire sauce, Old Bay and cayenne. Fold in the egg whites. Cover and set aside for one hour.

Fry: Pour the oil to a depth of two inches in a deep cast-iron skillet or Dutch oven. Heat the skillet to 350 degrees.

Set one cake on a slotted spoon. Dip the cake in the batter, then slide it into the hot oil. Repeat the process, a few cakes at a time until golden brown, turning once, for about 3 minutes per cake. Lift out with a clean slotted spoon. Drain on paper towels.

Per Serving (excluding unknown items): 905 Calories; 22g Fat (23.4% calories from fat); 41g Protein; 118g Carbohydrate; 6g Dietary Fiber; 848mg Cholesterol; 2294mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	905	Vitamin B6 (mg):	.5mg
% Calories from Fat:	23.4%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	56.8%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	19.8%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	22g	Folacin (mcg):	188mcg
Saturated Fat (g):	6g	Niacin (mg):	9mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	97
Cholesterol (mg):	848mg	% Refuse:	n.n%
Carbohydrate (g):	118g		
Dietary Fiber (g):	6g	Food Exchanges	
Protein (g):	41g	Grain (Starch):	6 1/2
Sodium (mg):	2294mg	Lean Meat:	3
Potassium (mg):	702mg	Vegetable:	1
Calcium (mg):	198mg	Fruit:	0
Iron (mg):	11mg	Non-Fat Milk:	0
Zinc (mg):	3mg	Fat:	1 1/2
Vitamin C (mg):	26mg	Other Carbohydrates:	0
Vitamin A (i.u.):	1227IU		
Vitamin A (r.e.):	306 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 905 Calories from Fat: 212

% Daily Values*

Total Fat	22g	33%
Saturated Fat	6g	32%
Cholesterol	848mg	283%
Sodium	2294mg	96%
Total Carbohydrates	118g	39%
Dietary Fiber	6g	24%
Protein	41g	
Vitamin A		25%
Vitamin C		43%
Calcium		20%
Iron		62%

* Percent Daily Values are based on a 2000 calorie diet.