
Best Ever Crab Cakes with Green Tomato Slaw

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 45 minutes

12 ounces fresh jumbo lump crabmeat, drained and picked over

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4 1/2 tablespoons salted butter, melted and cooled

4 1/2 tablespoons (four) chopped scallions

1 1/2 tablespoons fresh flat-leaf parsley, finely chopped

1 1/2 tablespoons fresh dill, finely chopped

1 1/2 teaspoons (one lemon) lemon zest

1 1/2 tablespoons (one lemon) fresh lemon juice

1 1/2 teaspoons Kosher salt

1 1/2 teaspoons Tabasco sauce

3 large eggs, lightly beaten

1 large clove (two teaspoons) garlic, minced

2 1/4 cups panko breadcrumbs, divided

4 tablespoons canola oil

GREEN TOMATO SLAW

2 medium (two cups) green tomatoes, thinly sliced and cut into matchsticks

1 stalk (1/2 cup) celery, thinly sliced

1 small (one cup) sweet onion, thinly sliced

1 small (one cup) red bell pepper, thinly sliced

2 tablespoons fresh flat-leaf parsley, chopped

2 tablespoons olive oil

2 tablespoons white wine vinegar

1 tablespoon granulated sugar

1 1/2 teaspoons Kosher salt

1/2 teaspoon black pepper

Prepare the crab cakes: In a large bowl, place the crabmeat, butter, scallions, parsley, dill, lemon zest, lemon juice, Kosher salt, Tabasco sauce, eggs, garlic and 1-3/4 cups of the panko breadcrumbs. Gently combine.

Shape the crabmeat mixture into six three-inch cakes. Sprinkle the remaining 1/2 cup of panko on a large plate. Gently transfer the crab cakes to the plate, pressing both sides into the panko. Cover and chill until slightly firm, about 15 minutes.

Preheat the oven to 375 degrees.

In a large nonstick skillet over medium heat, heat two tablespoons of the canola oil. Gently reshape three crabcakes and place into the hot oil. Cook until golden brown, 4 to 5 minutes on each side. Transfer the crabcakes to a wire rack set on a baking sheet. Repeat with the remaining oil and crabcakes.

Bake in the preheated oven until heated through, about 10 minutes.

Prepare the Green Tomato Slaw. In a medium bowl, toss together all of the slaw ingredients. Serve the Green Tomato Slaw over the crabcakes.

Seafood

Per Serving (excluding unknown items): 220 Calories; 12g Fat (48.8% calories from fat); 15g Protein; 14g Carbohydrate; 2g Dietary Fiber; 150mg Cholesterol; 1165mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.