

Crab Cakes III

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Totland College Nursery School - Braintree, MA (1978)

*1 pound crab meat
2 slices white bread
milk
1 egg, beaten
2 tablespoons mayonnaise
dash tabasco sauce
1 teaspoon mustard
1 teaspoon lemon juice
1 teaspoon seafood
seasonings
1 tablespoon parsley
1/4 teaspoon
Worcestershire sauce
salt (to taste)
pepper (to taste)*

Remove the crust from the bread. Soak the bread in milk. Squeeze dry. Break into pieces.

In a bowl, mix together all of the ingredients.

Form the mixture into cakes.

Chill in the refrigerator for one hour.

Fry the cakes in a skillet until cooked.

Per Serving (excluding unknown items): 861 Calories; 36g Fat (38.3% calories from fat); 104g Protein; 26g Carbohydrate; 1g Dietary Fiber; 626mg Cholesterol; 2084mg Sodium. Exchanges: 1 1/2 Grain(Starch); 13 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.