

Crab cakes Old Virginia

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Yield: 8 cakes

2 teaspoons mustard
3 tablespoons mayonnaise
1 teaspoon Old Bay
seafood seasoning
2 tablespoons flour
pinch salt
pinch pepper
1 pound crab meat
1/4 cup bread crumbs (to
taste)
1 stick butter

Preparation Time: 15 minutes**Cook Time: 5 minutes**

In a bowl, thoroughly mix the mustard, mayonnaise, Old Bay, flour, salt and pepper.

Add the crab meat.

Form the mixture into eight crab cakes. Coat the cakes lightly with the bread crumbs.

In a skillet, fry in melted butter or margarine until brown.

Per Serving (excluding unknown items): 1623 Calories; 133g Fat (73.3% calories from fat); 97g Protein; 13g Carbohydrate; 1g Dietary Fiber; 667mg Cholesterol; 2874mg Sodium. Exchanges: 1 Grain(Starch); 13 Lean Meat; 21 1/2 Fat; 0 Other Carbohydrates.