

Jumbo Lump Crab Cakes

Palm Beach Post

Servings: 6

The crab cake mixture is best if made ahead so that it has sufficient time to chill and harden.

For use as an hors d'oeuvre, form the mixture into mini crab cakes.

1 pound jumbo lump crabmeat, drained well, patted dry and picked over for shells

6 tablespoons (3/4 stick) unsalted butter

1 small shallot, minced

1 teaspoon Old Bay Seasoning

Kosher salt

freshly ground black pepper

1/2 teaspoon dry mustard

pinch cayenne pepper

1/3 cup heavy cream

2 scallions, white and green parts, chopped

1 cup all-purpose flour

1 large egg

1 cup panko bread crumbs

1/4 cup vegetable oil

alfalfa sprouts for garnish (optional)

1 1/2 cups Carrot Butter Sauce (see separate recipe)

Place the crab in a mixing bowl and set aside.

Combine the butter and shallot in a small pot over medium heat. Once the butter has melted, add the Old Bay, one teaspoon salt and 1/2 teaspoon pepper, mustard and cayenne. Stir to combine. Remove from the heat and whisk in the cream. Pour the butter mixture over the crab. Add the scallions. Fold the ingredients together gently but thoroughly, taking care not to mash the crabmeat. The mixture will; look almost runny; it will firm up in the refrigerator. Cover with plastic wrap and chill in the refrigerator for at least one hour; overnight is best.

When ready to cook; form the mixture into six cakes that are 1 1/2 inches thick. They should be moist and just hold together. Place the cakes on a plate, cover with plastic wrap and refrigerate while setting up the breading station. This allows flavors to blend and the cakes to set more firmly.

To create a breading station, put the flour into a pie plate and season with salt and pepper to taste. Crack the egg into a bowl, add 1 tablespoon of water and beat with a fork until frothy. Place the bread crumbs in another shallow bowl.

In a large skillet over medium heat, add 2 teaspoons of oil and swirl to coat the bottom. Working with three crab cakes (leave remaining cakes in refrigerator), lightly dredge both sides of the cakes in the seasoned flour, dip into the egg mixture and then coat with bread crumbs. Gently place the cakes in the hot oil and brown for 3 to 4 minutes on each side (turning only once to avoid the cakes from breaking up). Drain on paper towels. Add the remaining oil to skillet and repeat the process with remaining three crab cakes.

To serve, pool 1/4 cup of the Carrot Butter Sauce on each of six plates, set a crab cake in the center and, if desired, place alfalfa sprouts on top.

Per Serving (excluding unknown items): 1024 Calories; 107g Fat (91.9% calories from fat); 4g Protein; 17g Carbohydrate; 1g Dietary Fiber; 300mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 21 Fat.