

# Mommies Crab Cakes

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*4 tablespoons butter,  
melted  
2 tablespoons flour  
1 cup milk  
4 tablespoons plain bread  
crumbs  
1 pound crabmeat  
1 tablespoon parsley  
1 teaspoon Worcestershire  
sauce  
1/4 teaspoon nutmeg  
pepper (to taste)  
salt (to taste)  
2 eggs, whisked  
fresh rolled cracker crumbs  
(preferably saltines)  
crisco (for frying)*

Pick through the crabmeat to take out any shell pieces.

Make the white sauce: Melt the butter, stir in the flour. Slowly add the milk as you return the mixture to the stove. When thickened, add the bread crumbs, parsley, Worcestershire sauce, nutmeg, pepper and salt. Cool.

Add the crabmeat. Whisk the two eggs. Take a rolling pin to the crackers, making crumbs that are not quite fine.

Form the crab mixture into patties (as large as you wish). Dip the patties in the egg mixture and then in the cracker crumbs. (You may proceed to fry the crab cakes at the present time or refrigerate or freeze them for later preparation.)

Fry in the Crisco until evenly browned on both sides. (Do Not Overcook)

Serve with the White Sauce.

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Per Serving (excluding unknown items): 1165 Calories; 69g Fat (54.4% calories from fat); 105g Protein; 26g Carbohydrate; 1g Dietary Fiber; 935mg Cholesterol; 2110mg Sodium. Exchanges: 1 Grain(Starch); 12 1/2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 11 1/2 Fat; 0 Other Carbohydrates.