

Crab Cakes and Tartar Sauce

Courtesy of Carole's Creations

Prep Time: 25 minutes

Chilling Time: 30 minutes

Cooking Time: 8 – 10 minutes

Serves: 8

CChints: Crab cakes can be made small for appetizers or larger for a main entree. You can purchase crab meat from your local market's seafood section or seafood shop. It's always important to know when you will be making these and to look at the expiration date on the packaging.



Crab Cakes:

1 tablespoon unsalted butter
1 tablespoon olive oil
1/2 cup diced red onion
2 stalked celery, diced
1/4 cup diced red bell pepper
1/4 teaspoon salt
1 teaspoon Worcestershire sauce
Pinch cayenne pepper (ground red pepper)
1 pound lump crab meat, drained and picked through to remove shell pieces
1 egg, beaten
1/4 cup reduced fat mayonnaise
1 teaspoon Dijon mayonnaise
1 tablespoon fresh lemon juice
1/2 cup crushed buttery type crackers, we like Wheat Thins Toasted Chips
2 tablespoons butter, for frying
2 tablespoons olive oil, for frying

Tarter Sauce:

1/2 cup reduced fat mayonnaise
1 teaspoon dried dill or 1 tablespoon fresh, diced
2 teaspoon capers, rinsed and diced
2 tablespoon diced dill pickle
1 teaspoon dill pickle juice from the jar
2 tablespoons minced yellow onion

Put a large nonstick skillet over med-low heat and add the butter and oil. When the butter melts add the onions through cayenne pepper. Cook for about 10 – 12 minutes until the ingredients soften. Turn off the heat and move the pan away from the heat and let it cool while you work with the crab meat.

Drain the crab meat and pick through it for shell pieces. Break the meat apart and put into a large mixing bowl. In a mixing bowl beat the egg and add the mayonnaise, Dijon, lemon juice and half of the crackers. Stir well to combine all of the ingredients and pour into the crab meat bowl. Add the vegetables from the skillet and stir everything together.

Line a cookie sheet or large flat container with waxed paper. Make the crab cakes but scooping out 1/2 cup of the mixture, form them into 3 inch round cakes and lay on the waxed paper. Chill in the refrigerator for 30 minutes.

During this time, make the tartar sauce and do a little clean up. To make the tartar sauce, combine all of the ingredients in a mixing bowl. Stir well and set aside.

When the 30 minutes have passed, remove the crab cakes from the refrigerator. Heat the butter and oil in a large nonstick skillet over medium heat. Carefully add each cake to the pan and fry 4-5 minutes on each side until golden brown. Test one to see if it is golden and if it is, turn the rest of them over. Don't flip them over and over, just once will do. Serve with the tartar sauce and enjoy!