

# Forty 1° North CRAB CAKES

## INGREDIENTS:

2 Pounds of jumbo lump crab (picked from shells very gently)  
1/2 onion finely diced  
1 egg  
1/4 cup Hellman's Mayonnaise  
1 tablespoon Dijon mustard  
1 tablespoon chopped parsley  
2 tablespoons of vegetable oil  
1 pinch of salt & pepper to taste  
1 pinch of cayenne pepper  
Tabasco sauce to taste  
3 cups Panko breadcrumbs

## METHOD:

Gently sweat the onions in a pan with a little oil till soft and translucent. In a mixing bowl combine all the ingredients except the Panko breadcrumbs, taking care not to break the crab meat up.

Refrigerate for one hour to allow the mixture to set up a little. Mold the crab cake mix into 3 ounce portions and coat each side in the panko breadcrumbs.

To serve, lightly pan-fry both sides of the cakes until golden brown and then place in a 350 degree oven for 5 minutes.

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FORTY 1° NORTH

