

My Crab Cakes

I'm a picky eater. I don't like mayo (among other things). So I had to search and improvise to find a Crab Cake recipe that would work for me. These were delicious.

We start with crab fresh from the dock. We have them boiled and take them home to crack the shells and remove the meat. My advice: Do this on a nice day when you can sit outside or the house will smell like crab for a week. And then you need to work fast or you'll attract a crowd of seagulls (at least in my neighborhood).

Once you have about a pound of crab meat, you're ready to put the crab cakes together. Heat oven to 400°F. Put a very light coating of olive oil on a baking sheet and put the crab cakes together.

Ingredients:

- 1 pound crab meat
- 1 egg (lightly beaten)
- 1 teaspoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 1 tablespoon fresh lemon juice (from a Meyer lemon if possible)
- ½ teaspoon Old Bay® seasoning
- 1 green onion, finely sliced
- ½ cup minced red bell pepper
- ¾ cup dry bread crumbs
- ¼ teaspoon salt
- A pinch of fresh black pepper

Set aside ¼ cup of dry bread crumbs in a shallow bowl. Mix all of the other ingredients together and divide into eight small balls. Coat the balls in the remaining bread crumbs and press each lightly onto the baking sheet to make a small "cake" (about an inch high).

Bake about 10 minutes, until the bottom is a light golden brown. Gently turn each crab cake and continue baking until the other side is the same color (five to ten minutes).

Serve with tartar sauce if you must. I like them plain with a fruit salad.

