



Crab Cakes

SERVINGS: 10

PREPPING TIME: 40 MIN

COOKING TIME: 15 MIN

Ingredients

Crab Cake Mix

Makes 10 4oz cakes

EACH CAKE GETS 1 ½ OZ OF CRAB and ½ of a SCALLOP DICED

- 1 pound Crabmeat
- 3 tablespoon green onion chopped very fine
- 1 tsp Fresh parsley chopped very fine
- 2 tsp Dijon mustard
- 1 lemon juice and zest
- 1 tsp kosher salt
- 1 generous dash of Worcestershire
- 4 tbsp Rice Chex GF crushed
- 10 shrimp peeled, no tail and partially frozen
- 1 whole egg
- ¾ cup heavy cream

Horseradish Sauce

- 1 cup mayo
- 6 tsp Dijon
- 6 tsp horseradish
- 1 tbsp mustard seeds

Crab Cakes Procedure

- Combine everything to all but shrimp, egg and cream. Taste mixture. It should be quite salty.
- In food processor pulse shrimp 4-5 times to break up. Add egg and pulse a couple more times. With processor on pour in cream. Do not over process. Mix should be thick and clumpy.
- Fold shrimp mixture into crab mix and chill.

Each Cake

- 2oz. mix. 1 1/2 oz Crab + 1/2 Scallop diced
- MAKE EACH CAKE WITH MEASURED 1 1/2 OZ CRABMEAT
- Coat in crushed Rice Chex and sauté. Wipe pan with olive oil.
- Butter melt - Medium heat. Brown cake. Flip and brown. Hold in oven.