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## CRAB CAKE SPICE MIX

### REQUIRED EQUIPMENT:

- small bowl

### INGREDIENTS:

- 1 tsp paprika
- 1 tsp salt
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp white pepper
- 1 tsp onion powder
- 1 tsp chilli powder
- 2 tbsp fresh chopped parsley
- 2 tbsp fresh chopped cilantro

### PRE-CLASS PREP:

1. Mix spices into a small bowl.

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## CRAB CAKES

### REQUIRED EQUIPMENT:

- saute pan
- large bowl
- small bowl
- large plate

### INGREDIENTS:

- 1 small container of cleaned crab meat
- 1 ½ cup japanese style panko bread crumbs
  
- 2 to 4 tbsp butter
- 2 to 4 tbsp olive oil
- Finely chop:
  - ¼ cup red pepper
  - ¼ cup green bell pepper minced
  - ¼ cup celery minced
- 2 stalks green onion chopped
- 1 tsp minced garlic puree
  
- 1 to 2 whole egg depending on size
- 2 tbsp mayo
- 1 tbsp fresh lemon juice

- zest of 1 lemon finely chopped
- 1 tbsp dijon mustard
- 1 tsp worcestershire sauce
- 1 tsp black pepper

#### PRE-CLASS PREP:

1. Drain crab meat into a strainer and refrigerate.
2. Finely chop red pepper, celery, green onions
3. Zest 1 lemon and finely chop

#### DIRECTIONS:

1. In a large saute pan, melt butter along with olive oil add peppers, celery, onion and garlic along with 1 tbsp spice mix and cook until wilted and translucent, but still crunchy.
2. Add with parsley and cilantro to the sauteed veggie mixture and saute 1 to 3 minutes more.
3. Remove from heat and stir in finely chopped lemon zest.
4. Refrigerate to cool.
5. In a large bowl place crab meat, and cooked cooled sauteed veggie mixture until slightly incorporated.
6. In a small bowl whisk together egg, mayo, lemon juice, dijon and worcestershire and the remaining spice mix.
7. Add wet ingredients to the crab vegetable mixture and stir gently.
8. Add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup panko bread crumbs to crab and gently combine.
9. Make sure the crab mixture is wet enough to shape into balls and then shape gently into cakes
10. Coat each side of the cake with panko bread crumbs, place on a plate and refrigerate for 30 mins.
11. Cooking crab cakes:
  - a. Set oven to 350°
  - b. Add 1 tbsp of butter with 1 tbsp olive oil to a skillet or flat grill, heat until bubbly and hot.
  - c. Add crab cakes one at a time and cook 2-3 minutes per side.
  - d. Carefully transfer crabcakes to parchment or aluminum lined baking sheets and place into the oven for 12 to 15 minutes or until crab cakes are heated throughout.