



Florida Blue Crab Cakes

Ingredients

- 1/4 cup Florida red onion, finely chopped
- 2 tablespoons fresh Florida parsley, chopped
- 3 tablespoons light mayonnaise
- 2 tablespoons Dijon mustard
- 3/4 teaspoon seafood seasoning
- 1/2 teaspoon Worcestershire sauce
- 2 egg whites, lightly beaten
- 1 pound Florida lump blue crabmeat, drained, shell pieces removed
- 1 1/2 cups panko (Japanese breadcrumbs), divided
- 2 tablespoons olive oil
- 3/4 cup fat-free chicken broth
- 3 tablespoons Florida shallots, chopped
- 2 tablespoons white wine vinegar
- 2 1/2 tablespoons butter

Preparation

Combine first seven ingredients in a medium bowl. Gently fold in crabmeat and 3/4 cup panko crumbs. Cover and chill 30 minutes. Shape the crab mixture into 8 patties each 3/4-inch thick. In a shallow dish, roll patties in remaining 3/4 cup panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden. For butter sauce, combine broth, shallots and vinegar in a small saucepan. Bring to a boil and cook until reduced to 1/4 cup. Remove from heat and stir in butter. Serve with crab cakes.

Yield

4 servings

Nutritional Value Per Serving

Calories 239, Calories From Fat 173 , Total Fat 20g, Saturated Fat 7g, Trans Fatty Acid 0, Cholesterol 110mg, Total Carbohydrate 36g, Protein 27g, Omega 3 Fatty Acid 0.21g



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