

Dan Ralston's Kitchen

Crab Cakes

Serves 4

I used to make this dish with crabs caught in Oyster Pond on Pohogonot Farm, Martha's Vineyard during our summer vacations there. The crabs are steamed using Old Bay Seasoning, with a little white vinegar in the water, then picked for their delicate and delicious white meat.

1 tsp. Lea & Perrins Worcestershire Sauce.

1 Egg.

2 tbs. Mayonnaise.

1 tsp. Dijon Mustard.

1 tsp. Old Bay Seasoning.

Salt and Pepper to taste.

1 lb. Blue Crab backfin lump crab meat.

1 tsp. Fresh lemon juice.

1/2 cup Ritz Cracker crumbs (plain bread crumbs will work too.)

Butter or cooking spray for sautéing

In a large mixing bowl whisk together the first 6 ingredients until smoothly mixed. Add the crab meat, the Ritz Cracker crumbs and the lemon. Gently mix together. Try to keep the crab in large chunks rather than mixing so thoroughly that the crab meat becomes shredded. Form into 4 to 6 crab cake patties. Melt the butter in a large skillet or spray cooking oil in a non-stick skillet and sauté the patties over medium high heat until brown and crispy on the outside, about 3-4 minutes per side.

Serve with fresh roasting ears, sliced tomatoes and Village Inn cole slaw for a real taste of summer.

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