

Crab Cakes & Remoulade Sauce

Ramsay Parham/FL Department of Agriculture

Ingredients

Crab Cakes:

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- ¾ cup small-diced red onion (small onion)
- 1 ½ cups small-diced Florida celery (approx. 4 stalks)
- ½ cup small-diced Florida red bell pepper (1 small pepper)
- ½ cup small-diced Florida yellow bell pepper (1 small pepper)
- ¼ cup minced fresh Florida flat-leaf parsley
- 1 tablespoon capers, drained
- ¼ teaspoon Tabasco
- ¼ teaspoon Worcestershire sauce
- 1 ½ teaspoons Old Bay seasoning
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ pound Florida lump crab meat, drained and picked to remove shells
- ½ cup plain dry bread crumbs
- ½ cup mayonnaise
- 2 teaspoons Dijon mustard
- 2 extra large Florida eggs, lightly beaten
- 4 tablespoons unsalted butter
- ¼ cup olive oil

Rémoulade Sauce:

- ½ cup mayonnaise
- 2 tablespoons small-diced pickles
- 1 teaspoon course-grained mustard
- 1 tablespoon champagne or white wine vinegar
- pinch kosher salt
- pinch freshly ground black pepper

Directions

CRAB CAKES:

Place the 2 tablespoons butter, 2 tablespoons oil, onion, celery, peppers, parsley, capers, hot sauce, Worcestershire sauce, Old Bay Seasoning, salt and pepper in a large sauté pan and cook over medium-low heat until the vegetables are soft - approximately 15 to 20 minutes. Cool to room temperature. In a large bowl, break the lump crabmeat into small pieces and toss with the bread crumbs, mayonnaise, mustard, and eggs. Add the cooked vegetable mixture and mix well. Cover and chill in the refrigerator for 30 minutes. Shape into bite-sized crab cakes. (Can be stored overnight in the refrigerator on baking sheets wrapped in plastic.) When ready to serve, heat remaining butter and olive oil over medium heat in a large sauté pan. Add the crab cakes and fry for 4 to 5 minutes on each side or until brown. Drain on paper towels; keep warm in a 250 degrees F oven. Serve hot with Rémoulade Sauce. br>

REMOULADE SAUCE:

Place all the ingredients in a food processor fitted with a steel blade and pulse several times until the pickles are finely chopped and all the ingredients are well mixed but not puréed. Yield: 8 servings

Nutritional Value Per Serving:

Calories 363, Calories From Fat 288 , Total Fat 32g, Saturated Fat 9g, Cholesterol 113mg, Total Carbohydrate 10g, Protein 9g.