

Crab Cakes Three Ways

Backfin versus Lump Crab Meat

Backfin crab meat is finer and easier to form into cakes. It is less expensive than lump.

Lump crab meat, by itself, is rather difficult to bind without using a lot of filler and is more expensive than backfin.

It is wonderful to bite into succulent lumps of crabmeat, so it is worth it mix some lump in. Mixing the two is easier, cheaper and tastier than using just lump.

Quick Tips

Often small bits of shells and cartridge can be found in packages of crabmeat, even if the label says it has been picked over. Take a minute to check over the meat before forming the crabcakes.

The moisture level of the crab varies from batch to batch. If the crab mixture is very wet, making it difficult to form a cake, add a small amount of bread or cracker crumbs until the mixture can hold its shape.

If you are so inclined, lump and jumbo lump crab meat can be used instead of the backfin and lump but it will be more difficult to mold into crab cakes.

Baked Chesapeake Crab Cakes
Baltimore Orioles Maryland Crab Cakes
Asian-Style Crab and Shrimp Cakes
Remoulade
Roasted Garlic Mayonnaise
Wasabi Cocktail Sauce
Jicama Slaw
Citrus Vinaigrette

Baked Chesapeake Crab Cakes

- 1 lb backfin crabmeat, picked over well
for cartilage
 - 2 Tbs mayonnaise
 - 1 Tbs whole grain mustard
 - 1 egg
Freshly-ground white pepper, to taste
Aged Sherry Vinaigrette, (see recipe)
- 1 Preheat oven to 350 degrees.
 - 2 Carefully pick through crabmeat to remove all shells. Combine all ingredients in a bowl; mix gently. Season to taste. Using a scoop, portion out crab mixture into uniform pieces. Flatten into cakes. Using a nonstick spray or a light coat of oil, coat a baking or cookie sheet. Bake at 350 degrees for 8 to 10 minutes until golden brown. Serve with Aged Sherry Vinaigrette.
 - 3 This recipe yields 6 servings.

Servings: 6

Recipe Type: Seafood, Shellfish

Source

Source: CHEF DU JOUR - (Show # DJ-9451) - from the TV FOOD NETWORK

Author Notes

Recipe courtesy of The Greenbrier Inn

Baltimore Orioles Maryland Crab Cakes

- 1 ¼ cups mayonnaise
- 4 Tbs Dijon mustard
- 2 Tbs crab boil seasoning (Old Bay recommended)
- 1 Tbs fresh lemon juice
- 1 Tbs Worcestershire sauce
- 1 tsp freshly-chopped parsley leaves
- 2 eggs, beaten
- 1 lb lump or backfin crabmeat
- 1 lb jumbo lump crabmeat
- 2 slices white bread, crusts removed, and torn into small pieces
- ¼ cup unsalted butter, as needed

=== SERVING SUGGESTION ===

Tartar sauce

- 1 Whisk together the first 7 ingredients in a bowl and set aside.
- 2 Spread the crabmeat on a cookie sheet and carefully remove any bits of shell. Transfer to a large bowl and toss gently with the bread. Spoon the wet mix over the crabmeat and gently fold until just combined. Allow the mixture to rest in refrigerator for 10 minutes.
- 3 Shape the mixture into 12 even-sized cakes (approximately 4 ounces each). Chill the crab cakes for at least 30 minutes or up to overnight to firm up.
- 4 Heat the butter in a large skillet over medium-high heat. Working in batches, fry the crab cakes, turning once, until golden brown and heated through. (Alternatively, bake in a preheated 400 degree oven for 15 to 20 minutes.)
- 5 Serve immediately.
- 6 This recipe yields 6 servings.

Servings: 6

Recipe Type: Main Dish, Seafood, Shellfish

Source

Source: SARA'S SECRETS with Sara Moulton - (Show # SS-1D36) - from the TV FOOD NETWORK

Author Notes

Recipe from ARAMARK - An international company specializing in food services for stadiums, arenas, campuses, businesses, and schools.

Asian-Style Crab and Shrimp Cakes

This recipe can be prepared in 45 minutes or less.

Serve steamed rice, and drizzle oriental sesame oil and rice vinegar over blanched snow peas. Mango sorbet topped with sliced tropical fruits is the perfect finale.

- ¼ cup mayonnaise
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped peeled fresh ginger
- 2 teaspoons bottled Thai fish sauce or soy sauce -- (nam pla)
- 6 ounces canned crabmeat -- drained, picked over, patted dry
- 3 ounces bay shrimp -- chopped
- 1 ½ cups fresh breadcrumbs made from crustless French bread
- 1 ½ tablespoons peanut oil

- 1 Blend first 4 ingredients in medium bowl. Mix in crabmeat, shrimp and ½ cup breadcrumbs. Season with pepper. Place remaining 1 cup breadcrumbs on plate. Drop ¼ of crab mixture into breadcrumbs; turn to coat. Shape into 2 ½-inch-diameter cake. Repeat coating and shaping with remaining crab mixture and crumbs, forming total of 4 cakes.
- 2 Heat oil in heavy medium skillet over medium heat. Add cakes and sauté until crisp, about 5 minutes per side.
add your own note

Servings: 2

Source

Source: [epicurious.com](http://www.epicurious.com)

Web Page: <http://www.epicurious.com/recipes/food/views/Asian-Style-Crab-and-Shrimp-Cakes-101308>

Remoulade

- 2 cups mayonnaise
- 2 Tbs cornichons or sour gherkins, minced
- 2 Tbs capers, minced
- 1 garlic clove, minced
- 2 Tbs chopped parsley
- 1 Tbs chopped tarragon
- 1 tsp Dijon mustard
- 1 anchovy, minced
- 1 dash red pepper sauce

- 1 Mix together all ingredients in a bowl. Refrigerate before serving.
- 2 Serve with cold seafood and vegetables.
- 3 This recipe yields approximately 1 cup.

Servings: 1

Yield: 1.000000 cup

Recipe Type: Accompaniment, Sauces

Source

Source: FOOD 911 with Tyler Florence - (Show # FO-1B05) - from the TV FOOD NETWORK

Roasted Garlic Mayonnaise

- 1 head garlic, sliced in half
- 4 sprigs fresh thyme
- 4 Tbs extra-virgin olive oil
- Sea salt, to taste
- Freshly-ground black pepper, to taste
- 4 large egg yolks
- 1 tsp dry mustard
- 1 Tbs water
- 1 ½ cups canola oil
- 2 Tbs fresh lemon juice

- 1 Heat the oven to 375 degrees.
- 2 Place the garlic onto a sheet of aluminum foil, top it with the thyme, drizzle it with 1 tablespoon of the olive oil, and season it with salt and pepper. Close the foil up and roast the garlic until it is soft, about 35 to 40 minutes. When it is cool enough to handle, squeeze the soft pulp into a bowl and set aside.
- 3 In a non-reactive bowl or in a food processor, combine the egg yolks, mustard, water, and salt and pepper. Whisk or pulse with the machine to break up the yolks. If you're making the mayonnaise by hand, put the bowl on a damp towel to keep it from moving around while you work. Then drizzle in the oils, whisking constantly, to form an emulsion. If the mayonnaise breaks, stop drizzling and whisk until it comes together again. If you're using the food processor, pour in the oils in a thin stream with the machine running. Then whisk or process in the garlic and lemon juice. Taste and adjust seasoning with more lemon juice, salt, or pepper. Thin the mayonnaise with more water if it is too thick.
- 4 Caution: Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Servings: 8

Source

Source: FOOD 911 with Tyler Florence - (Show # FO-1E47) - from the TV FOOD NETWORK

Wasabi Cocktail Sauce

- 1 cup chili sauce
- 2 Tbs freshly-squeezed lemon juice
- 1 Tbs prepared wasabi (or horseradish)
- ¼ tsp Worcestershire sauce

- 1 In a medium bowl, whisk together all the ingredients. Store in the refrigerator until ready to serve.
- 2 This recipe yields about 1 cup.

Servings: 1

Yield: 1.000000 cup

Recipe Type: Accompaniment, Sauces

Source

Source: SARA'S SECRETS with Sara Moulton - (Show # SS-1C64) - from the TV FOOD NETWORK

Jicama Slaw

- 2 lbs Jicama, peeled, julienned
- ½ cup Red bell pepper, julienned
- 2 Carrots, julienned
- ½ small Red cabbage, shredded
- 1 Tbs Minced jalapeno
- ¼ cup Citrus Vinaigrette, see * Note

- 1 * Note: See the "Citrus Vinaigrette" recipe which is included in this collection.
- 2 Combine all ingredients and season to taste with salt and pepper.

Servings: 8

Recipe Type: Salads/Dressings

Source

Author: Bobby Flay and Jack McDavid

Source: GRILLIN' & CHILLIN' with Bobby Flay and Jack McDavid From the TV FOOD NETWORK - (Show # GR-3612 broadcast 08-21-1996)

Web Page: <http://www.foodtv.com>

Citrus Vinaigrette

- 1 cup Fresh orange juice
- ½ cup Fresh lemon juice
- ½ cup Fresh lime juice
- 2 Tbs Basil chiffonnade
- 2 Tbs Finely chopped red onion
- 2 cups Olive oil
- Salt, to taste
- Freshly-ground black pepper, to taste

In a blender, combine the orange, lemon and lime juices, basil and onion and blend. With the motor running, slowly add the olive oil until emulsified. Season to taste with salt and pepper and reserve. May be prepared up to 2 days ahead and refrigerated in a squeeze bottle. Bring to room temperature before serving. This recipe yields 4 cups of vinaigrette.

Servings: 1

Recipe Type: Condiments, Salads/Dressings

Source

Author: Bobby Flay and Jack McDavid

Source: GRILLIN' & CHILLIN' with Bobby Flay and Jack McDavid From the TV FOOD NETWORK - (Show # GR-3612 broadcast 08-21-1996)

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