

Blue Crab Cakes

Ingredients

- 1 lb container of fresh lump crab meat
- 1 large egg
- 1/4 Cup (60g) mayonnaise
- 1 Tablespoon chopped fresh parsley (*or 2 teaspoons dried*)
- 2 teaspoons dijon mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Old Bay seasoning (*up to 1 ½ teaspoons for a spicier kick*)
- 1 teaspoon fresh lemon juice, *plus more for serving*
- 1/8 or 1/16 teaspoon salt (*salt may be omitted if the Old Bay is too salty for your taste*)
- 2/3 Cup Panko bread crumbs
- **optional:** 2 Tablespoons (30g) salted or unsalted butter, melted



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Instructions

- Whisk the egg, mayonnaise, parsley, dijon mustard, Worcestershire sauce, Old Bay, lemon juice, and salt together in a large bowl. Add the crab meat and the bread crumbs. With a rubber spatula or large spoon, very gently and carefully fold together. You don't want to break up that crab meat!
- Cover tightly and refrigerate for at least 30 minutes and up to 1 day.
- Preheat oven to 450°F (232°C). Generously grease a rimmed baking sheet with butter or nonstick spray, or line with a silicone baking mat.
- Using a 1/2 Cup measuring cup, portion the crab cake mixture into 6-8 mounds on the baking sheet. (Don't flatten!) Use your hands or a spoon to gently compact each individual mound to form the cake, ensuring there aren't any lumps sticking out or the cake is falling apart.
- For extra flavor, brush each with melted butter. This is optional but recommended!
- Bake for 15 minutes or until lightly browned around the edges and on top. Drizzle each with fresh lemon juice and serve warm.
- Cover leftover crab cakes tightly and refrigerate for up to 5 days or freeze for up to 3 months.

Consider also: **Mariner's Menu Simple Crab Cake Recipe** found at this link:

<https://ncseagrant.ncsu.edu/mariners-menu/2020/07/simple-crab-cakes/> because it doesn't use Worcestershire Sauce.