

Crab Cakes

Serves 4 to 6

Ingredients

Olive Oil	2 tablespoons
Onion, finely chopped	1 each
Garlic, finely minced	2 each
Jumbo Lump Crabmeat	1 pound
Fresh Bread Crumbs, (3 or 4 slices)	1 ½ cup
Mayonnaise	2 tablespoons
Large Egg White	1 each
Old Bay Seasoning	1 teaspoon
Fresh Parsley, chopped	¼ cup

Method of Preparation

1. Gather all ingredients and equipment
2. Heat olive oil in a sauté pan over medium heat
3. Add the onion and garlic and cook for 5 minutes until onions get caramelized
4. Dump the onion and garlic into a bowl and fold in crabmeat, bread crumbs, mayonnaise, egg white, Old Bay and parsley, mixing just until well blended
5. Season with salt and pepper
6. Shape the mixture into mini-cakes
7. Put them on a plate, cover, and place them in the refrigerator to chill for about 30 minutes
8. Once chilled, place in a 375 degree preheated oven for about 30 minutes or until golden brown
9. Serve immediately