

Crab Cakes

16 OZ CRAB MEAT (CHOPPED)
2 TBSP. LEMON JUICE (FRESH)
1/3 CUP MAYONNAISE
1/4 CUP MINCED ONION OR SHALLOTS
2 EGGS
1/2 TSP. SALT
1/2 TSP. PEPPER
1 TSP. SOUL FOOD SEASONING
2 TSP. YELLOW MUSTARD
1 TBSP. SALAD BLEND (LIGHTHOUSE) OR
1 TBSP. FRESH CHOPPED PARSLEY
1/2 CUP SELF-RISING FLOUR.
1 1/2 CUPS BREADCRUMBS (FRESH)

Mix the above ingredients together well. Fry in hot skillet in about ¼” canola oil. These are delicate. Pack them together when forming cakes. Flip them only once and be careful. Cook 3 minutes per side. (or until golden brown)

Make sure oil is hot before adding batter. Place a small piece in and when it starts to sizzle well then start adding cakes to fry. Fry on medium heat.

16 oz. can serve 8, half recipe for serving 4 people.