

Margaret Fox's Winning Crab Cakes

INGREDIENTS:

Crab Cakes:

- ☐ 1 pound fresh-picked Dungeness crabmeat
- ☐ 1 teaspoon unsalted butter
- ☐ 3 tablespoons minced shallots
- ☐ 1 extra-large egg, beaten
- ☐ Finely grated zest of 1 lemon
- ☐ ¼ cup mayonnaise
- ☐ 1½ tablespoons minced flat-leaf parsley
- ☐ 2 drops Tabasco sauce
- ☐ ¼ teaspoon freshly ground pepper
- ☐ ¾ teaspoon sea salt
- ☐ 6 tablespoons panko crumbs, measured, then ground finely in a food processor

Coating:

- ☐ About 1½ cups panko crumbs, measured, then finely ground in a food processor.
- ☐ ½ teaspoon sea salt.
- ☐ ½ teaspoon freshly ground pepper

For cooking & serving:

- ☐ Safflower oil for frying
- ☐ Lemonaise Sauce (instructions follow)

INSTRUCTIONS: Rinse and pick over crabmeat. Break up lumps. Set aside.

Melt butter in a small pan over low heat and saute shallots

until softened. Cool; mix with egg, zest, mayonnaise, parsley, Tabasco, pepper, salt and panko crumbs. Let sit 15 minutes, then mix thoroughly with the crab. Form into 8 patties.

Mix the panko crumbs for the coating with the sea salt and pepper in a shallow dish. Dredge cakes on both sides. Refrigerate at least 1 hour.

Pour oil about ¼-inch deep into a saute pan, and heat over medium-high heat. Saute cakes on both sides until richly browned. Drain briefly on paper towels. Serve with a drizzle of Lemonaise Sauce. Serves 8

PER SERVING: 215 calories, 13 g protein, 9 g carbohydrate, 14 g fat (3 g saturated), 50 mg cholesterol, 646 mg sodium, 0 fiber.

For the Lemonaise Sauce:

Lemonaise is made by Ojai Cook, www.ojaicook.com; (619) 222-6690. You may substitute prepared mayonnaise and add minced fresh tarragon, basil and lemon juice.

Whisk together ¾ cup Garlic-Herb Lemonaise, ½ cup Lemonaise, ⅓ cup fresh lemon juice, finely grated zest of ½ lemon, 2 tablespoons minced chives and freshly ground black pepper. Yields about 1¼ cups.