

Crab Cake

Serves 6

This recipe is from Pat Conroy's cookbook.
Vilma made it for our cookbook group.



Ingredients:

- 1 lb. lump crab meat
- 1 egg
- 1 Tbsp. flour
- 2 Tbsp. fresh chives
- 1 tsp. freshly ground pepper
- 1/4 tsp. cayenne pepper
- 2 tsp. coarse salt (divided)
- 3 Tbsp. unsalted butter (divided)
- 2 tsp. peanut oil (divided)
- 1 lemon

Equipment:

- Sifter
- 8" iron skillet
- Thin spatula
- Aluminum foil

Crab Cakes

☑	Directions	Time (min)
	Pick through 1 lb. crab meat to remove any shell fragments or ligaments	2
	Separate one egg white. Beat until just foamy, not stiff. Reserve yolk for other uses.	2
	Snip 2 Tbsp. chives	2
	Place crabmeat in a bowl. Pour egg white over the crab meat slowly, mixing throughout	2
	Sift 1 Tbsp. flour over crab	1
	Sprinkle with chives, 1 tsp. freshly ground pepper, 1/4 tsp. cayenne, and 1 tsp. coarse salt.	2
	Lift meat from below turning it over gently to mix without overworking	2
	Separate meat into 8 portions. Roll one portion between your palms to make a loose ball and then flatten slightly. Repeat	5
	Sprinkle both sides with remaining 1 tsp. salt	2
	Put on a plate. Cover and refrigerate	60
	Cut lemon into wedges	1
	Line a baking pan with paper towel	1
	In a small, heavy skillet heat 1 1/2 Tbsp. butter and 1 tsp. peanut oil until it begins to brown	1
	Fry four cakes, turning once with a thin spatula. Two minutes per side. Remove to paper towel and cover with aluminum foil.	4
	Pour out oil and wipe pan with paper towel.	1
	Heat remaining 1 1/2 Tbsp. butter and 1 tsp. peanut oil and fry remaining four cakes. Remove to paper towel.	4
	Serve hot with lemon wedges	
		Total: 32 min; 1 hr.