

# Deviled Maine Crab Cakes

*Chef John Hughes*

*The GYPSY KITCHEN*

*www.the-gypsy-kitchen.com*

## **Servings: 2**

*1/2 Tablespoon Unsalted Butter*

*1/2 Small Yellow Onion, finely minced*

*1/2 Red Bell Pepper, finely minced*

*1 Stalk Celery, finely chopped*

*1/2 Teaspoon Dry Mustard*

*Pinch Cayenne Pepper*

*1/2 Pound Crab Meat, picked clean*

*1 Tablespoon Mayonnaise*

*1/2 Cup Panko*

*2 Teaspoons Parsley, finely chopped*

*1/2 Teaspoon Lemon Zest, grated*

*To Taste Kosher Salt*

*To Taste Cracked Black Pepper*

*1/2 Cup Panko*

Copyright: COOK with JOHN, LLC

Melt butter in saucepan. Add onion and celery and saute until softened. Add mustard and cayenne, stir well and cook stirring occasionally. Transfer to a bowl and let cool.

Add crab meat, mayo, 1/2 cup panko bread crumbs, parsley, and lemon zest. Season with salt and pepper.

Divide the crab mixture into four (4) even portions and form into small cylinder shapes about 1-inch thick and then carefully roll into the second 1/2 cup of panko. Arrange on plate, making sure not to crowd the crab cakes together.

Heat a little olive oil in a medium-sized saute pan over medium-high heat. Carefully add the crab cakes and cook for about 3-4 minutes then gently turn and cook on second side until done, about 3-4 minutes more.

Serve two cakes per plate along with a dollop of saffron-caper remoulade (see recipe) and enjoy.

---

Per Serving (excluding unknown items): 335 Calories; 12g Fat (31.5% calories from fat); 30g Protein; 27g Carbohydrate; 3g Dietary Fiber; 118mg Cholesterol; 550mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.