

# Don't be crabby, but try out this crab cake

**By Jerry Marlowe**  
Special to the Times-Reporter

We can all thank our wonderful friend Dave Trustdorf for rounding up our favorite crab cookbook. The title is "The Chesapeake Bay Crabbiest Cookbook" and the author is Whitey Schmidt. Now, I do apologize to Mr. Schmidt because I did modify the recipe considerably that wife Willi and I finally came up with.

Hopefully you will enjoy our version.

You can chill your favorite white wine to serve with our recipe but we enjoy either a Chardonnay or Sauvignon Blanc. Pinot Grigio is also nice.

OK, now let's get started.

Gather up the following:

A one pound can of jumbo lump crab meat (available at our local markets)

4 tbs of Panko crumbs (locally available at our markets)

2 tsp Worcestershire sauce

1/2 to 3/4 cup of sour



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cream

several dashes of Tabasco sauce or Franks Red Hot Sauce

Form that mixture into six crab cakes and then place them onto a baking sheet that you have sprayed very lightly with vegetable cooking spray or just very lightly oiled. I sprinkle the crab cakes with some extra Cajun seasoning if you have some but paprika is just fine. Now bake them for 10 to 15 minutes at 400 degrees keeping a watchful eye to avoid burning them Now, what are you

going to serve on them?

How about a nice lemon butter sauce?

Melt a stick of butter and mix in 2 to 3 tbs minced cilantro, 1 tbs each of lemon juice and the white wine you will be serving with them, a 1/2 tsp each of salt and pepper, several dashes Tabasco or Franks Hot Sauce and a dash of Worcestershire sauce. I also added a 1/2 cup of that wonderful Thai coconut cream also available at our local markets.

I might also mention that we did serve fresh spinach salad along side with our crab cakes. Keep it simple with some good olive oil mixed with balsamic vinegar and maybe some olives stuffed with red pimento. Chop up some nice fresh green onions on top and if you can locate some fresh red tomatoes quartered. Thanks for your kind words of encouragement when I run into you at our local markets.

Bon Appetite!

(Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622.)