

# MARYLAND CRAB CAKES:

## Ingredients:

1 large egg  
2½ tablespoons mayonnaise (I like Hellman's Real)  
1½ teaspoons Dijon mustard (I like Maille brand)  
1 teaspoon Worcestershire sauce  
1 teaspoon Old Bay seasoning  
¼ teaspoon salt  
¼ cup finely diced celery (you'll need one stalk)  
2 tablespoons finely chopped fresh parsley  
1 pound lump crab meat\*  
½ cup panko (I like the Whole Foods 365 brand for this recipe)  
Canola oil

**How to make it :** 1. Line a baking sheet with aluminum foil.

2. Combine the egg, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley in a large bowl and mix well. Add the crab meat (be sure to check the meat for any hard and sharp cartilage) and panko; gently fold mixture together until just combined, being careful not to shred the crab meat. Shape into 6 crab cakes (about ½ cup each) and place on prepared baking sheet. Cover and refrigerate for at least 1 hour.

3. Preheat a large nonstick pan to medium heat and coat with canola oil. When oil is hot, place crab cakes in pan and cook until golden brown, about 3-5 minutes per side. Be careful as oil may splatter. Serve immediately with tartar sauce or a squeeze of lemon.

## Quick Tartar Sauce

### Ingredients:

1 cup mayonnaise  
1½ tablespoons sweet pickle relish  
1 teaspoon Dijon mustard  
1 tablespoon minced red onion  
1-2 tablespoons lemon juice, to taste  
Salt and freshly ground black pepper, to taste

### Directions:

Mix all ingredients together in a small bowl. Cover and chill until ready to serve