



Florida Blue Crab Cakes with Tangy Butter Sauce

Ingredients

- ¼ Cup red onion, finely chopped
- 2 Tablespoons fresh parsley, chopped
- 3 Tablespoons light mayonnaise
- 2 Tablespoons Dijon mustard
- ¾ Teaspoon seafood seasoning
- ½ Teaspoon Worcestershire sauce
- 2 Egg whites lightly beaten
- 1 Pound lump blue crabmeat, drained, shell pieces removed
- 1 ½ Cups panko (Japanese breadcrumbs), divided
- 2 Tablespoons olive oil
- ¾ Cup fat-free chicken broth
- 3 Tablespoons shallots, chopped
- 2 Tablespoons white wine vinegar
- 2 ½ Tablespoons butter

Preparation

Combine first seven ingredients in a medium bowl. Gently fold in crabmeat and ¾ cup panko crumbs. Cover and chill 30 minutes. Shape the crab mixture into 8 patties each ¾-inch thick.

In a shallow dish, roll patties in remaining ¾ cup panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden.

For butter sauce, combine broth, shallots and vinegar in a small saucepan. Bring to a boil and cook until reduced to ¼ cup. Remove from heat and stir in butter. Serve with crab cakes.

Yield 4 servings



Florida Blue Crab Nachos

Ingredients

- ½ Pound crabmeat, drained, shell pieces removed
- 1 ½ Cups jack cheese blend, shredded
- 1 Cup cooked black beans, drained and rinsed
- 2 Medium-sized tomatoes, diced
- 1 Small can diced green chilies, drained
- ½ Cup scallions, diced
- 1 Teaspoon dried cumin
- ½ Bag tortilla chips
- ¼ Cup fresh cilantro

Preparation

Preheat the oven to broil. On a large cookie sheet, evenly distribute the tortilla chips. Evenly distribute the rest of the ingredients except the cilantro, over the tortilla chips. Place the topped tortillas in the oven on a middle rack. Cook nachos under the broiler for 5 to 7 minutes or until cheese is completely melted. Make sure to keep a good eye on the nachos because they will burn under the broiler if not careful. Slide the cooked nachos off the cookie sheet and onto a similar sized platter. Garnish nachos with the fresh cilantro. Serve nachos immediately.

Yield

4 to 6 servings



Florida Blue Crab Fritters

Ingredients

- ½ Cup self-rising corn meal
- ½ Cup self-rising flour
- 1 Teaspoon baking powder
- 1 Clove garlic, minced
- 1 Medium onion, minced
- ¼ Cup fresh parsley, minced
- 1 Teaspoon hot sauce
- ½ Teaspoon seafood seasoning
- 1 Egg
- ½ Cup buttermilk
- Salt and pepper to taste
- 1 Pound blue crab lump meat
- Canola oil for frying

Preparation

In a large bowl, stir together the dry ingredients; add the milk, hot sauce and egg mixing until smooth. Fold in the crab.

Heat the oil in a heavy saucepan or deep fryer to 375 degrees. Drop tablespoonfuls of the batter into the hot oil. Fry 2 to 3 minutes until golden brown, turning once if needed.

Drain on paper towels. Serve hot.

Yield

6 servings