

Betty's Kickin' Crab Cakes Recipe



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In this video, Betty demonstrates how to make her Kickin' Crab Cakes recipe. These are nice and moist inside and crunchy on the outside--and very flavorful! It is one of my husband's *favorite* foods!

Ingredients:

- 5 tablespoons butter (separated)
- 1/4 cup chopped celery
- 1/3 cup chopped red bell pepper
- 1/3 cup chopped onion
- 1 tablespoon flour
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 cup milk
- (2) 6 oz. cans white lump crab meat (drained--but reserve the crab juice)
- 1/2 cup dried bread crumbs
- 1 tablespoon lemon juice

Melt 2 tablespoons butter in a saucepan. Add 1/4 cup chopped celery, 1/3 cup chopped red bell pepper, and 1/3 cup chopped onion. Cook and stir over low heat, until the vegetables are softened. Remove from heat, and add in 1 tablespoon flour, 1 teaspoon dry mustard, 1/2 teaspoon salt, and 1/2 cup milk. Return to the stove and cook over low heat until thickened. Remove from heat, and add (2) 6 oz. cans crab meat (drained), 1/2 cup dried bread crumbs, and 1 tablespoon lemon juice. Blend thoroughly. You may add some of the reserved crab juice, if your mixture is too stiff to form into cakes. When the mixture is ready to be made into cakes, take a portion into your hands and form it into a ball, and flatten it into a cake. Place it in a skillet that contains 3 tablespoons of butter, melted and brought to low heat. The crab cake should sizzle when it touches the pan. Continue to form crab cakes, placing them in the skillet, until you have used up all of your mixture. Cook over low heat, checking the bottom side, to see if it is getting brown and crusty. If it is, then turn it over to brown the other side. When all crab cakes are browned on both sides, remove them from the skillet to a platter that has paper toweling over it to absorb any excess butter. Serve immediately onto serving plates. Pass the seafood cocktail sauce, please!