

The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS



1 Quick Recipe: Everyone Loves Crab Cakes!

Simple and Delicious:

Eastern Shore Crab Cakes

- 1 LB Back Fin or Lump Crabmeat
- 2 Tsp EACH Salt and Pepper
- ¼ Cup Light Mayonnaise
- 1 Tsp Yellow Mustard
- 1 Large Egg, Beaten
- 1 TB Worcestershire Sauce
- 1 Tsp *Old Bay Seasoning
- 24 Saltine Crackers, Crushed
- ¼ Cup Dill, Minced
- 2 TB Canola or Vegetable Oil

Step One Place the crabmeat in a bowl and add the salt and pepper.

Step Two In another bowl; mix the mayo, mustard, egg, Worcestershire and Old Bay. Gently fold mixture into crabmeat. Now, toss the dill and ¼ cup Saltines together. Fold into the crabmeat mixture.

Step Three Place the remainder of the saltines on a plate. Make 4 large crab cakes and lightly coat with the crackers. Place them in the frig for at least 1 hour.

Step Four In a large skillet, heat the oil over medium high heat. Gently place crab cakes in the oil. Crab cakes are ready when brown on both sides. Drain on a wire rack set over paper towels. Serve with **Dill Sauce**: Stir together ¼ Cup Light

Mayonnaise, ¼ Cup Sour Cream, 2 TB Chopped Dill, 1 TB Whole Grain Mus-



tard. Season with salt and pepper.

2 Kitchen Smidgen

Jumbo Lump is the most expensive and largest pieces of crabmeat. Perfect for crab cocktail. **Lump** - white meat like Jumbo, just a little smaller. **Back Fin** - Similar to the flavor and texture of Lump, just smaller pieces. Great for crab cakes. **Special** is the smallest pieces of white meat from the crabs. **Claw** is the "dark" meat of the crab. Ideal for gratins or seafood stews.

3 Get Creative

*Old Bay is a traditional Eastern Shore favorite. A spice mix that includes celery salt, paprika, cinnamon, ginger, mustard seed, black and red pepper, it tastes great in crab cakes and as a seasoning for many other savory foods!

4 WINE of the Week

Four Vines Naked Chardonnay

Santa Barbara County, California

Total Wine around \$12.00

Here's a crowd favorite: a crisp, fresh and appealing Chardonnay to pair with the crab cakes. This one is substantial enough to hold up to the rich seafood, but also lean and not oaky because of 100% stainless steel fermentation. You'll enjoy the taste of crisp apples with citrus and a medium long finish.