



Spicy Crab Cakes

Paired with Viognier

Ingredients:

- 1/3 + 1/2 cup dry bread crumbs (separate)
- 1/4 green bell pepper (seeded and diced)
- 1/4 red bell pepper (seeded and diced)
- 2 green onions (thinly sliced)
- 4 sprigs fresh parsley (chopped) [OR 1 tsp dried parsley]
- 1/2 tsp. hot pepper sauce
- 1 egg white
- 2 tbsp. mayonnaise
- 1 tbsp. lemon juice
- 1/2 tsp. Worcestershire sauce
- 2 tsp Dijon mustard
- 1/4 tsp. old bay seasoning (TM seasoning)
- 1/4 tsp. dry mustard
- 1/4 tsp. onion powder
- 18 oz. crab meat (drained and flaked)
- 1 cup canola oil (for frying)

Preparation:

1. In a bowl, toss together the 1/3 cup bread crumbs, green bell pepper, red bell pepper, green onions, and parsley.
2. Mix in the egg white, mayonnaise, lemon juice, Worcestershire sauce, and Dijon mustard.
3. Season with old bay seasoning, dry mustard, and onion powder.
4. Fold crabmeat into the mixture.
5. Form into 6 large cakes.
6. Coat in the remaining 1/2 cup bread crumbs.
7. Heat the oil in a large, heavy skillet.
8. Fry the cakes for 5 minutes on each side, or until evening brown.