

Gluten-Free Crab Cakes

Servings: 4

Prep time: 15 minutes

Cook time: 10 - 12 minutes

Ingredients:

- 1 pound lump crab meat, picked over for shells
- 1/2 cup gluten-free breadcrumbs (panko style work well)
- 1/4 cup mayonnaise (I use Greek Yogurt or lactose-free yogurt, too)
- 1 tablespoon Dijon mustard
- 3 teaspoons Worcestershire sauce (gluten-free)
- 1 large egg, beaten
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon Old Bay seasoning
- Salt and pepper to taste
- 2 tablespoons butter or olive oil

Directions:

Step 1

Combine Ingredients: In a large bowl, gently combine the crab meat, breadcrumbs, mayonnaise, Dijon mustard, Worcestershire sauce, egg, parsley, Old Bay seasoning, salt, and pepper. Mix until just combined, being careful not to overmix as this can break up the crab meat.

Step 2

Form Crab Cakes: Using your hands, gently shape the mixture into four equal-sized patties.

Step 3

Chill: Cover and refrigerate for at least 30 minutes to allow the flavors to meld and the crab cakes to firm up.

Step 4

Cook: Heat butter or olive oil in a large skillet over medium heat.

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Step 6

Serve: Serve immediately with lemon wedges, tartar sauce, and your favorite sides (like coleslaw or fries).

Tips and Variations

- **Add-ins:** For extra flavor, consider adding finely chopped onion, garlic, or red pepper flakes to the crab cake mixture.
- **Make-ahead:** You can form the crab cakes and refrigerate them for up to 24 hours before cooking.
- **Baking:** If you prefer baking, place the crab cakes on a baking sheet lined with parchment paper and bake in a preheated oven at 400°F (200°C) for 12-15 minutes, or until golden brown.
- **Gluten-Free Breadcrumbs:** Look for gluten-free breadcrumbs specifically labeled as such. Panko style breadcrumbs often work well.

Enjoy! These Gluten-Free Crab Cakes are delicious, easy to make, and perfect for a light meal or appetizer.

Important Notes

Always double-check the ingredients list on all packaged products (like breadcrumbs and Worcestershire sauce) to ensure they are truly gluten-free.