

CRAB CAKES

Fry: Bring a non-stick pan up to medium/high heat, add thawed crab cake. Cook for 2-3 minutes or until underside turns golden. Flip and continue until second side is golden. (If using a regular pan, add a tbsp. of oil before adding crab cake)

Oven: Place frozen crab cakes on a baking sheet in a 350* oven for 10 minutes, turn and continue to cook for another 7-10 minutes. Oven times may vary.

BBQ: Place thawed crab cake on a gently oiled piece of aluminum foil cook for 5 minutes, flip and continue cooking until second side golden. Also great on a grill pan.

Serving suggestions...

Serve these yummy crab cakes with a side of lemon & dill aioli, or tartar sauce for a tasty appetizers.

Top a salad with two crab cakes for a light lunch!