



## *Red Bar Crab Cakes*



### **Ingredients:**

- 3lbs blue jumbo lump crab meat
- 1 whole onion (diced)
- 1 bunch green onion (diced)
- 1 red bell pepper (diced)
- 1 yellow bell pepper (diced)
- 1 whole garlic clove (minced)
- 1 cup parsley (chopped)
- ½ cup fresh basil (chopped)
- 2 TBLs garlic powder
- 1 TBL dried thyme
- salt
- black pepper
- ¼ lb butter
- 1 quart heavy cream
- 6 TBLs flour
- 2 cups breadcrumbs
- 1 cup Dijon mustard
- 3 TBLs olive oil

### **Method:**

1. To bind the crabmeat, melt 6 tbsp of butter and cook the onions, peppers, and garlic until transparent.
2. Add remaining butter until melted on low heat.
3. Add flour. Mix well with butter and vegetables until it becomes a light roux.
4. Add cream, mustard, basil, garlic powder, and thyme. Leave on low heat, stirring frequently until very thick. Cool the sauce at room temperature.
5. Take the crabmeat, mix the sauce with the breadcrumbs until you get dough. Make 3-ounce patties (make sure they are neither sticky nor dry). Refrigerate at least 3 hours.
6. To cook, in 3 tbsp olive oil, sear the crab cakes, lightly dipped in flour and fry to a golden brown.
7. Try a lemon beurre blanc or roasted peppers sauce for drizzling over the top.