



Bake off/Cook out

Pull out those family recipes. Share yummy food stories with your family and friends—compete with eats!

To get you started, here is a recipe from our state.

Crab Cakes

North Carolina Maritime Museum, Beaufort

This recipe was a favorite at the Friends of the Museum's annual Crab Cake Cook-Off.

Yield depends on size of the crab cakes; this recipe will serve 4.

2 eggs, separated	¼ cup minced sweet onion or shallot
2 teaspoons Dijon mustard	¼ cup minced sweet red pepper
2 teaspoons lemon juice	2 tablespoons minced parsley
1 tablespoon Balsamic vinegar	salt and pepper to taste
3 tablespoons mayonnaise	1 cup panko breadcrumbs
½ teaspoon hot sauce	1 pound lump or backfin crabmeat
(we prefer 1 teaspoon Thai garlic pepper sauce)	butter (preferably clarified) and/or canola oil for frying

Whip egg whites until stiff and set aside. Beat egg yolks lightly in a large bowl. Add the next 9 ingredients and ¼ cup of the panko crumbs (reserve ¾ cup for coating the crab cakes). Gently fold in the egg whites and crabmeat. Mix thoroughly but without breaking up crabmeat. Refrigerate for at least an hour.

Spread a thin layer of bread crumbs on a pan or large plate. Form balls of the crab mixture with your hands or an ice cream scoop. Set each on the bed of bread crumbs and flatten gently to ½-¾ inch in thickness. Sprinkle the tops with crumbs and pat gently. Refrigerate until time to cook, at least 3 to 4 hours. They can be carefully moved to a plastic container; if you layer, separate layers with wax paper.

When ready to cook, heat about 2 tablespoons of the butter and/or oil in a large pan. You can test the temperature by frying a cube of bread. Carefully brown the crab cakes on both sides, turning with two spatulas to keep them intact. Add more fat as needed.

Serve with lemon wedges or a cool sauce: a fruit salsa (we love watermelon), seasoned mayonnaise, or aioli sauce.

