

Highland's Crab Cakes

Entrees, Fish and Seafood

Prep Time: 1 hr **Cook Time:** 30 min **Difficulty:** Medium **Servings:** 8 Crabcakes

Source: Frank Stitt's Southern Table

INGREDIENTS

2 lbs blue jumbo lump and claw finger crabmeat

1.5 cups medium course bread crumbs

6 Tbs unsalted butter, melted and cooled

2 large eggs, beaten

2 Tbs chopped shallots

1 Tbs chopped scallion

2 Tbs chopped flat leaf parsley

Grated zest of 1 lemon

2 Tbs fresh lemon juice

Pinch of grated nutmeg

Pinch of cayenne pepper

Kosher salt and freshly ground pepper to taste

2 large eggs

2 Tbs water

1.5 cups medium course bread crumbs

2 Tbs clarified butter

Lemon wedges

1.25 cups Beurre Blanc

DIRECTIONS

Pick free shells and cartilage from crabmeat

In a large bowl, combine the crabmeat, bread crumbs, butter, eggs, shallots, scallion, parsley, lemon zest, lemon juice, nutmeg, cayenne, salt and pepper.

Toss lightly to combine.

Taste and adjust the seasoning as needed.

Divide the mixture into 8 equal portions and shape into 1 inch thick patties, being sure not to press them too firmly.

For tasting portions, divide into about 20 portions to make bite size crab cakes.

In a small shallow bowl, beat the eggs, then stir in the water. Put the bread crumbs in a shallow dish. Carefully dip each cake into the egg, then into the bread crumbs, and place on a rack.

In a large sauté pan, heat the clarified butter over medium-high heat almost to the smoking point. Add the crab cakes, being sure not to overcrowd the pan; you may have to use two pans or cook the cakes in two batches, using additional butter. Cook the cakes until golden brown on the first side, 3 to 4 minutes. Turn and cook just until brown on the second side, about 3 to 4 minutes longer.

NOTES Place the crab cakes on serving plates, garnish with plenty of lemon wedges, and drizzle the beurre blanc over the cakes.
Bread crumbs: Use crumbs that are neither too old nor too fresh, neither too dry nor too moist. They must be ground just right. French baguettes, one to two days old, make perfect crumbs with ideal texture.

Making Bread Crumbs: Fresh bread crumbs should be fluffy and almost course, never too dry or too fine. For perfect crumbs, process a 1 to 2 days old loaf of french bread, crusts removed, in your food processor until you have medium course crumbs.

Clarifying butter: This can be bought at your local grocery store. Clarified butter is a whole butter that has been melted over low heat so that the water it contains evaporates and the milk solids settle to the bottom of the pan; the pure butter is then carefully poured out, leaving the solids behind. Without the milk, the butter has a much higher smoke point and is more stable, making it ideal for cooking at higher temperatures and for storing for longer periods.

Buerre Blanc - reference separate recipe