

Crab Cakes

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
crab meat	1 pound	
yellow onion	$\frac{3}{4}$ cup	minced
butter	2 TBLSP	
egg	1 large	beaten
panko crumbs	$\frac{3}{4}$ cup	
heavy cream	1/3 cup	
ground black pepper	$\frac{1}{4}$ tsp	
salt	1/8 tsp	
sugar	1/8 tsp	
coconut oil	enough to cover the bottom of the frying pan	
lemon wedges		

- Make sure there are no shells in the crab meat.
- In a frying pan, sauté the onion in the butter over medium heat for about 5 minutes. Let cool a bit.
- In a large bowl, gently combine all the ingredients.
- Form patties from the crab mixture, not too thick.
- In a large frying pan, heat the oil to simmering, then gently add the crab cakes. Fry until the bottom is gold brown, then turn over and fry until the other side is golden brown.
- Serve with lemon wedges.