

Crab Cakes

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
yellow onion	¾ cup	minced
butter	2 TBLSP	
crab meat	1 pound	beaten
egg	1 large	
panko crumbs	¾ cup	
heavy cream	1/3 cup	
ground black pepper	¼ tsp	
salt	1/8 tsp	
sugar	1/8 tsp	
unrefined coconut oil	enough to cover the bottom of your 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. Set aside to cool.
- After the onions have cooled, then in a large bowl, gently combine the onions with the ingredients from crab to sugar.
- Form patties from the crab mixture, not too thick.
- In a large frying pan, heat the oil to simmering over medium heat, 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.