



Crab Cakes



ingredients

- 1 lb crab meat
- 1/3 cup gluten-free panko
- 1 1/2 Worcestershire Sauce
- 1 beaten egg
- 1 teaspoon Old Bay Seasoning
- 2 teaspoons Worcestershire Sauce
- olive oil for pan-frying

instructions

Mix all ingredients together. Mixture will be wet.

Form patties to desired size. Place patties on plate and refrigerate for 30 minutes

Fill frying pan with sufficient olive oil to cover bottom of pan. Heat on medium.

Place patties in oil and cook 5 minutes per side.

Remove from oil and place onto paper napkins/towel to drain.

