



# ***CRAB CAKE SALE***

## ***Just in Time for Lent!!***

### ***“SMITH ISLAND” JUMBO LUMP CRAB CAKES***

#### ***Cooking Instructions***

**\*PAN SAUTE** - On low heat, melt butter. Slowly pan saute one side until golden, approx. 8 minutes, then turn crab cake over and lightly saute other side, approximately 7 minutes. Be careful not to turn the heat on too high, meat is very tender.

**\*BAKE** - Preheat oven to 400 degrees, place crab cake on a baking sheet or in a baking pan, place in a small amount of butter. Bake about 15 minutes.

**\*BROIL** - Bake as above, then broil a minute or two until crispy and browned.

**FOR A CRISP OUTER SHELL** – gently pat crab cakes in plain or Italian bread crumbs or flour, then slowly pan fry in ½' shortening, butter substitute or olive oil. Be careful not to cook too high as outer shell can burn.

**SAFE COOKING PROCEDURE - ALL FOODS SHOULD BE COOKED/HEATED TO AN INTERNAL TEMPERATURE OF 165 DEGREES.**