

CRAB CAKES

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
404 cal	48 g	20 g	14 g	128 mg	1474 mg	154 mg

Ingredient

CRAB MEAT,COOKED
 BREADCRUMBS
 MUSTARD,PREPARED
 SALAD DRESSING,MAYONNAISE TYPE
 BUTTER,MELTED
 EGGS,WHOLE,FROZEN
 SALT
 PEPPER,BLACK,GROUND
 MILK,NONFAT,DRY
 WATER
 EGGS,WHOLE,FROZEN
 BREADCRUMBS

Weight

15 lbs
 18-1/8 lbs
 2-1/4 oz
 3 oz
 2 lbs
 2 lbs
 2-1/2 oz
 1/3 oz
 1-3/4 oz
 2 lbs
 2 lbs
 2-7/8 lbs

Measure

4 gal 3 qts
 1/4 cup 1/3 tbsp
 1/4 cup 2-1/3 tbsp
 1 qts
 3-3/4 cup
 1/4 cup 1/3 tbsp
 1 tbsp
 3/4 cup
 3-3/4 cup
 3-3/4 cup
 3 qts

Issue**Method**

- 1 Remove any shell or cartilage from crab meat.
- 2 Add bread crumbs, mustard, salad dressing, butter or margarine, eggs, salt, and pepper; mix lightly.
- 3 For each cake, measure 1/4 cup of mixture. Form into cakes 1/2 to 3/4-inch thick, about 2 ounce each. CCP: Refrigerate at 41 F. or lower.
- 4 Reconstitute milk; add eggs; mix well.
- 5 Dip chilled crab cakes in milk and egg mixture, then in bread crumbs; shake off excess.
- 6 Fry at 350 F. for 2 to 3 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.