



Baked Maryland Lump Crab Cakes

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

12

Description

These baked crab cakes are authentic Marylandstyle crab cakes Many people claim to make a true Maryland crab cake but I have lived by the Chesapeake Bay on Kent Island MD nearly my whole life and can say that this recipe with all lump meat with almost no filler tastes incredible

Ingredients

- - ¼ cup bread crumbs - 2 teaspoons seafood seasoning
- such as Old Bay™ - 1 teaspoon baking powder - 1 teaspoon dried parsley - 1 teaspoon mustard powder - ? teaspoon black pepper - ¾ cup cholesterol-free egg product - 2 tablespoons butter
- melted - 1 tablespoon mayonnaise - 1 teaspoon Worcestershire sauce - 1 pound lump crab meat

Instructions

1. Gather the ingredients. Preheat the oven to 375 degrees F (190 degrees C). Grease a baking sheet. Combine bread crumbs
2. seafood seasoning
3. baking powder
4. parsley
5. mustard powder
6. and pepper in a medium bowl; set aside. Stir together egg product
7. butter
8. mayonnaise
9. and Worcestershire in a large bowl until smooth. Fold in crab meat
10. then fold in bread crumb mixture until well-blended. Shape mixture into twelve 3/4-inch-thick crab cakes and place onto the prepared baking sheet. Bake in the preheated oven for 15 minutes. Flip crab cakes; continue to bake until nicely browned
11. 10 to 15 minutes more. Recipe Tip To make a lighter version
12. omit the butter
13. use fat-free mayonnaise
14. increase the bread crumbs to 5 tablespoons
15. and use egg whites instead of regular egg product.