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AMERICAN COOKERY: Maryland Crab Cakes

Today we travel to the Old Line State, or Maryland, to enjoy their famous crab cakes! Homemade crab patties that can be traced back to Native American cuisine from the Chesapeake Bay region. If you want to take part in the tradition... Making them grilled at home previously smeared with extra virgin olive oil from Spain!

INGREDIENTS

- 2 large eggs
- 2 tbsp of homemade mayonnaise made with EVOO from Spain
- 4 tbsp of EVOO from Spain
- 1 tsp of Dijon mustard
- 1 tsp of Worcestershire sauce
- 1 tsp of Old Bay seasoning
- A pinch of salt
- 1/4 cup of diced celery
- 2 tbsp of chopped fresh parsley
- A pound of lump crab meat
- 1/2 cup of panko

STEP BY STEP

- 1.** Mix the eggs, mayonnaise, Worcestershire sauce, Dijon mustard, salt, Old Bay seasoning, parsley and celery in a large bowl.
- 2.** Add the crab meat and the panko and gently combine the mixture.
- 3.** Shape into 6 cakes and place on a baking sheet. Cover and refrigerate for 1 hour.
- 4.** Preheat the oven at 392 ° F. Smear the cakes with EVOO from Spain and grill them until they are golden brown. Ready to be enjoyed!