

# Louisiana Crab Cakes

## Ingredients:

- 1 lb. lump crab meat, shells picked out
- 1/2 cup finely diced red bell pepper
- 3 green onions, finely sliced
- 1/2 cup mayonnaise
- 2 Tablespoons butter, melted
- 1 teaspoon fresh lemon juice
- 1 large egg, beaten
- 1 teaspoon All Purpose Creole Seasoning (or Old Bay Seasoning)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Creole mustard (or spicy or whole grain mustard)
- 1/4 teaspoon salt
- 1/2– 1 cup finely crushed crackers (multi-grain club crackers recommended)
- All purpose flour for dredging
- Canola oil for frying (or vegetable oil)

## Instructions:

- Heat about 1 inch of canola oil in a cast iron (or other deep) skillet over medium high heat.
- Use a gentle hand (so the crab doesn't break down) to mix all of the ingredients, except crackers, flour and oil, together in a large bowl. Add crushed crackers, starting with 1/2 cup, to bind the ingredients together. Add more crackers if the mixture is too wet.
- Form 3-4 inch patties using the wet crab mixture. Gently dredge patties through the flour, lightly covering both sides.
- Carefully place the crab cakes in a heated frying pan with oil. Turn stove top down to medium–low heat. Cook 4-5 minutes on one side. Gently turn the cakes over and cook until golden brown. Remove the crab cakes from the skillet and let drain on a paper towel.
- Serve with remoulade, tartar sauce or cocktail sauce.

# Apple Slaw with Buttermilk Dressing

## Ingredients:

- 10 oz. green cabbage shredded
- 6 oz. purple cabbage shredded
- 3/4 cup matchstick carrots
- 2 Honeycrisp apples thinly sliced
- 2 Granny Smith apples thinly sliced
- 3 green onions thinly sliced
- 1 teaspoon salt
- 1/2 teaspoon sugar

## Homemade Buttermilk Dressing:

- 1/2 cup buttermilk
- 1/4 cup mayonnaise
- 1/8 cup powdered Parmesan cheese
- 1 Tablespoon apple cider vinegar
- 2 teaspoon whole grain mustard
- 1/2 teaspoon minced garlic
- 1/4 teaspoon sugar
- Black pepper

## Instructions:

- Toss the cabbage with 1 teaspoon salt and 1/2 teaspoon sugar in a colander and set over a bowl. Let stand for 30 minutes. After 30 minutes, discard any liquid that collects in the bowl.
- Combine the garlic and apple cider vinegar in a large measuring cup. Let stand for 5 minutes. Whisk in buttermilk, mayonnaise, mustard, remaining 1/4 teaspoon sugar and Parmesan cheese. Set aside.
- Gently pat any excess moisture from the cabbage with a paper towel. Place cabbage, apples, carrots and green onions in a large bowl. Pour dressing over slaw and gently toss.
- Generously add black pepper. Toss again. Serve.