

Dungeness Crab Cakes Recipe

Tabitha & Matt Compton grew up on the East Coast eating Atlantic blue crab. After setting roots in Oregon, Tabitha's East Coast crab cake recipe evolved to highlight the flavors of the amazing West Coast Dungeness Crab (Old Bay seasoning is key for that East Coast flavor).

Crab cakes made with fresh-caught crab – buttery, savory, juicy morsels of joy – are prized by locals as our most decadent Northwest food. Tabitha is famous for her crab cake recipe and now you can enjoy them as well!

Ingredients

- 4 slices of Bread
- ½ cup olive oil
- ¼ teaspoon mustard
- ½ teaspoon salt
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Old Bay seasoning
- ½ teaspoon of your favorite hot sauce (optional)
- 1 dash paprika
- 1 teaspoon chopped parsley
- 2 eggs
- 2 pounds crab meat

Recently our family has been eating more of a keto lifestyle we sometimes add pork rinds as a replacement for the bread. If you do this, use less salt.



Instructions

1. Trim Crust from Bread & Lay out in a flat cookie sheet
2. Pour olive oil over the bread and let stand for an hour
3. Pull bread apart lightly with two forks
4. Add to the small bits of bread: Mustard, Salt, Worcestershire, Old Bay, Hot sauce, Paprika, & Parsley
5. Add the beaten eggs and crab meat
6. Mix with fork or clean hands
7. Shape into cakes
8. Brown in a skillet or broil in oven until golden brown on both sides.