
Crab Cakes – Paired with 2009 – Late Harvest Zinfandel

Ingredients:

2 Tblsp	Olive Oil
2 scallions	Sliced thinly
½ cup red bell pepper	Chopped
1 cup	Panko bread crumbs
1 large egg	Lightly beaten
2 Tblsp	Non-fat milk
1 Tsp	Worcestershire sauce
2 Tsp	Dijon mustard
1 Tblsp	Fresh lemon juice and wedges
½ Tsp	Old Bay Seasoning
Dash	Hot sauce
1 lb	Lump crab meat, shells removed
Dash	Salt & Pepper
Cooking Spray	



Directions:

1. Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.
2. Mix ½ cup panko, the egg and milk in a small bowl. In a medium bowl, whisk the Worcestershire sauce, mustard, lemon juice, Old Bay and hot sauce; fold in the crabmeat, panko mixture, scallionbell pepper mixture, ¼ teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes.
3. Coat the crab cakes with the remaining ½ cup panko. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with lemon wedges.

We serve this with an off the shelf sauce, Bolthouse Farms, Creamy Yogurt Thousand Island Dressing. You can add any aioli or roasted red pepper sauce of your choice. A wonderful 'savory' dish for a slightly sweet wine.

Enjoy with Auriga's 2009 Late Harvest Zinfandel