

IN THE GALLEY WITH TRUDY

Crab Cakes

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| 1 lb cooked crabmeat | 2 Tbs parsley |
| 1 cup fresh breadcrumbs | 2 Tbs spring onions |
| $\frac{1}{3}$ cup milk | $\frac{1}{2}$ tsp baking powder |
| $\frac{1}{4}$ cup mayonnaise | 1 cup ground corn flakes |
| 1 beaten egg | |

Combine the crab with the crumbs and milk.

Combine mayonnaise, egg, parsley, onion, baking powder, salt and pepper.

Mix into the crab and shape into patties, then roll into the corn flakes. Chill for at least 1 hour.

Heat some oil or butter in a frying pan. Dust each patty with flour and pan fry 4 minutes on each side. (Another option is to chill the crab cake mixture for 1 to 2 days in the refrigerator prior to shaping them into patties, rolling them in the corn flakes, and frying.)

Tartar Sauce

Whisk together 1 cup of mayonnaise with $\frac{1}{2}$ cup sour cream, 1 tsp mustard, 1 finely chopped shallot, 4 chopped gherkin pickles, 1 Tbs chopped dill, 1 Tbs chopped parsley, $\frac{1}{2}$ tsp chopped tarragon, and a few drops of Tabasco. Season with salt and pepper.

