

FiveMonstersPaleo

Crab Cakes



Prep time **5-10 minutes**

Cook time **10-20 minutes**

Yield **13-20 crab cakes**

Special tools needed **frying pan, 3-T cookie scoop, heat-proof spatula.**

Notes:

For ultimate deliciousness, serve these crab cakes with Louisiana Remoulade (recipe on www.FiveMonstersPaleo.com)

Ingredients

- Oil for frying (olive, avocado, or coconut preferred)
- 1 mirepoix (or trinity) pestata puck
- 1 lb lump crab meat, or half lump, half claw
- 1 large egg
- ½ cup almond flour
- 1 tsp cajun seasoning
- 1 tsp kosher salt
- 20 cranks black pepper
- 1 T potato starch

Preparation

1. **Saute the pestata puck** in about 2 tsp oil in a small pan till soft and just browning.
2. **Meanwhile, gently combine remaining ingredients** in a medium-sized bowl. Stir in the sauteed veggies when ready.
3. **Add enough oil to a heavy-bottomed skillet or pan** to come about ½ inch up the sides. Heat over medium heat till a tiny drop of the crab mixture sizzles when dropped in. Use a 3-T cookie scoop to drop balls of crab mixture into the hot oil. Use the back of the scoop to **SLIGHTLY** press down, but resist the urge to flatten them, as this will make them fall apart. Work in batches--do not overfill.
4. **Fry for two minutes** (or until golden brown), then use a heat-proof spatula to flip, pressing gently to flatten just a bit, and fry two minutes on second side.

5. **Transfer crab cakes** to a paper-towel-lined plate or cooling rack set over a baking sheet to drain. Serve!