

Rescue Recipe

This recipe is great for using up leftover potato and old bread.

Recipe by



Ingredients

- 325g of left over boiled or mashed potato
- 2 teaspoons of dried parsley
- 325g of (brown and white) crab meat
- 2 spring onions (chopped)
- ¼ of a teaspoon of dried English Mustard
- 3 - 4 tablespoon of mayonnaise
- Pinch of salt and pepper to season
- 50g plain flour
- 2 eggs, beaten
- 100g of left over bread (for the breadcrumbs)
- teaspoon of Olive or vegetable oil for frying

Cromer Crab Company Crab Cakes

Method

1. Place the left over mashed potato in a bowl (if using left over boiled potatoes, mash with a little butter). Add the chopped spring onions, crab meat, dried parsley, dried English Mustard, Mayonnaise and add salt and pepper to season. Mix and bring all the ingredients together.
2. Cut the crusts off the left over bread. Place in a bowl and break up until they become bread crumbs.
3. Divide the mixture into 4 and form into crab cakes.
4. Coat the crab cakes in the plain flour, then coat with beaten egg and finally coat with the breadcrumbs.
5. Heat the oil in a non stick frying pan. Cook the crab cakes for a few minutes either side until they are golden brown and piping hot in the middle.

Serve with a fresh salad.

