



TIDE TO TABLE



Photography by Michael Cheser

Not Yo Mama's Crab Dip & Crab Cakes

*With homemade tartar sauce and
prosciutto-wrapped asparagus*

Not your mama's recipe—these classic coastal favorites make the most of leftover fresh-picked crab, served with a creamy homemade tartar sauce and a crisp prosciutto-wrapped asparagus side.



~40 MINUTES



SERVES 4-6



Crab Dip



Crab Cakes



Prosciutto-Wrapped Asparagus

Leftover crab meat is a gift; never waste it.



RECIPE #1

Crab Dip

INGREDIENTS

- 1 lb crab meat
- ½ yellow onion, diced
- ½ cup sour cream
- ¼ cup mayonnaise
- ½ cup cream cheese
- 1 Tbsp Old Bay (or to taste)
- ½ bunch parsley, chopped
- 1 cup Panko breadcrumbs

INSTRUCTIONS

Step 1: Make the Crab Dip ●

1. Preheat oven to 325°F.
2. Sweat **onions** over medium-low heat 3–5 min until translucent.
3. Stir in **sour cream, mayo, and cream cheese** until smooth.
4. Remove from heat; gently fold in **crab, parsley, and Old Bay**.
5. Transfer to an oven-safe dish; top with **breadcrumbs**.
6. Bake ~15 min, until bubbling and lightly golden. Cool briefly before serving.



RECIPE #2

Crab Cakes

INGREDIENTS

1 lb crab meat
1 egg
1 rib celery, small diced
½ red onion, small diced
1 Tbsp Worcestershire sauce
1 Tbsp Dijon mustard
½ cup mayonnaise
1 tsp lemon juice
1 Tbsp Old Bay
½ bunch parsley, chopped
½ cup panko
Oil or butter for frying

Restaurant crab cakes often rely on heavy fillers. This version keeps it classic and coastal: minimal binder, big pieces of crab, and a quick chill to help the patties hold together before searing.





INSTRUCTIONS

Step 2: Prepare the Crab Cakes

1. Combine **egg**, **celery**, **onion**, **Worcestershire**, **mustard**, **mayo**, **lemon juice**, **Old Bay**, and **parsley**.
2. Gently fold in **crab meat**; refrigerate 20 min to firm up.
3. If mixture is loose, add **panko** until it holds shape.
4. Form into patties and dredge in panko.
5. Heat a pan with **oil or butter** over medium heat.
6. Sear 3-4 min per side, until golden brown. Drain on paper towels.



RECIPE #3

Prosciutto-Wrapped Asparagus

INGREDIENTS

- 1 bunch asparagus, trimmed
- 1 package sliced prosciutto

INSTRUCTIONS

Step 3: Make the Prosciutto-Wrapped Asparagus

1. Snap woody ends from **asparagus**.
2. Wrap 2–4 stalks in a slice of **prosciutto**.
3. Cook in the same pan until prosciutto is crisp and asparagus is tender.

Bright, creamy, and herbaceous—this homemade tartar sauce complements the crab cakes without overpowering the delicate flavor of the crab.



SIDE RECIPE

Tartar Sauce



INGREDIENTS

- ¼ cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 Tbsp sweet pickle relish
- 1 Tbsp parsley, chopped
- 1 Tbsp dill, chopped
- 1 tsp lemon juice

INSTRUCTIONS

In a small bowl, combine **all ingredients** and chill until serving.

Not Yo Mama's Crab Dip & Crab Cakes

*With homemade tartar sauce and
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CRAB



~40 MINUTES



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PRINTER-FRIENDLY VERSION—PRINT THIS PAGE TO KEEP HANDY IN YOUR KITCHEN WHILE COOKING

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- ½ red onion, small diced
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- 1 Tbsp Dijon mustard
- ½ cup mayonnaise
- 1 tsp lemon juice
- 1 Tbsp Old Bay
- ½ bunch parsley, chopped
- ½ cup panko
- Oil or butter for frying

Prosciutto-Wrapped Asparagus

- 1 bunch asparagus, trimmed
- 1 package sliced prosciutto

Tartar Sauce

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- 1 Tbsp Dijon mustard
- 1 Tbsp sweet pickle relish
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Side Recipe: Tartar Sauce

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WATCH THE
EPISODE!

