

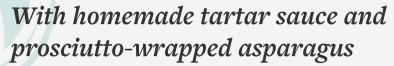
# Not Yo Mama's Crab Dip & Crab Cakes











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.









Leftover crab meat is a gift; never waste it.



## Crab Dip

### **INGREDIENTS**

- 1 lb crab meat
- ½ yellow onion, diced
- ½ cup sour cream
- 1/4 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**

1/4 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 prosciutto-wrapped asparagus

### **INGREDIENTS**

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- ½ cup sour cream
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- ½ cup cream cheese
- **1 Tbsp** Old Bay (or to taste)
- ½ bunch parsley, chopped
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### **Crab Cakes**

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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**

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- 1 package sliced prosciutto

#### **Tartar Sauce**

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### Side Recipe: Tartar Sauce

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