

Maryland Crab Cake Sandwich: A Classic Seafood Favorite

1 tablespoon Worcestershire sauce



OVEN
375°F

TIME
20 min

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INGREDIENTS

- 1 pound fresh crab meat
- 1/4 cup mayonnaise
- 1/4 cup breadcrumbs
- 1 egg, beaten
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Old Bay seasoning
- 1/4 cup chopped fresh parsley
- 4 slices of your favorite bread
- 4 lettuce leaves
- 4 tomato slices
- 4 lemon wedges
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, mix together the crab meat, mayonnaise, breadcrumbs, egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, and parsley. Season with salt and pepper to taste.
2. Form the mixture into 4 equal-sized patties.
3. In a large skillet, heat some oil over medium heat. Once hot, add the crab cakes and cook for 3-4 minutes on each side, until golden brown and crispy.
4. While the crab cakes are cooking, toast the bread slices in a toaster or on a separate skillet.
5. Assemble the sandwiches by placing a lettuce leaf and a tomato slice on one slice of bread, followed by a crab cake and a squeeze of lemon juice. Top with the other slice of bread.
6. Serve hot and enjoy!

TIPS FOR SUCCESS

Use lump crab meat for the best texture and flavor.

Make sure to drain any excess liquid from the crab meat before mixing it with the other ingredients.

For a healthier option, you can bake the crab cakes in the oven at 375°F for 15-20 minutes instead of frying them.

For added flavor, you can add a dash of hot sauce or a pinch of cayenne pepper to the crab cake mixture.

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