



## Recipes from The Easy Cajun

RECIPES FROM THE EASY CAJUN

See more of my recipes at [CajunEasy.com](http://CajunEasy.com)



### Cajun Easy - Louisiana Style Crab Cakes (GF)

(Maryland can only try to catch up . . . )

My friends, I can't take all the credit for this recipe. Even though I'm the one who wrote it all down after researching, kitchen testing, and slight alterations . . . this one comes mostly via my beautiful young bride. In her effort to increase the variety of gluten-free meals we can share with each other, as well as with family and friends, she hits a real home run now and then. But this recipe . . . it's a grand slam! If you are especially fond of serving late breakfast/early lunch, i.e., brunch . . . this fits the bill perfectly if served with a poached egg and hollandaise sauce on an English muffin (or Gluten Free toast). I posted a picture of this one day on The Easy Cajun's FaceBook page and have had many requests for this recipe. Well, I finally tied my bride down (he he) and got her to give up the secret :-)

This doesn't take that much time and is such a treat !!!

Ingredients –

- 1 large egg
- 3 ounces milk
- 1 tbsp. mayonnaise (we like Blue Plate)
- 1 tsp. stone ground mustard (we like Zatarain's)
- 1 tsp. seasoning (we like Cajun Easy Mojeaux – coming soon)
- ½ tsp. crushed red pepper
- 1 tsp. dried parsley
- 1 tbsp. sliced green onions
- ½ cup Gluten Free oatmeal (or bread crumbs if you don't have a wheat allergy)
- ¼ cup parmesan cheese
- 1 lb. of lump crab meat picked through for removal of shell pieces

After beating the egg a bit, mix in the milk, mayonnaise, and mustard until all is well combined. Add everything else except the crab meat and stir together thoroughly. Let this mixture sit for about 15 minutes so that the oats soften up and all the flavors meld together.

Carefully fold the crab meat into your mixture so as not to completely obliterate the texture of the crab. Form the completed mixture into 4 to 6 patties, depending on the size you like. Place these on a tray with wax paper and store in the refrigerator to chill for at least 30 minutes in order to firm up or keep them refrigerated until you are ready to cook.



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When it does come time to cook, you have a choice depending on your preferred method. You can get the broiler good and hot . . . and then broil them until each side is browned a bit. Alternatively, you can fry them in a bit of oil or butter for about 4 minutes per side, which should give you a nice color.

Serve these crab cakes up warm (or cold) in a variety of ways. They are great with a side of tartar, remoulade, or cocktail sauce. Add a fresh salad, steamed vegetables, rice pilaf, and dessert . . . voila . . . you have an elegant meal. Put them on a bun (GF) with your favorite sauce, lettuce, tomato, etc., and you have yourself a picnic sandwich that will bring on sandwich envy throughout the park.

Or, you can just do what my lovely lady does occasionally and place one on a thin sliced bagel, an English muffin, or a slice of Gluten Free bread and top it off with a poached egg and Hollandaise sauce . . . presto . . . you have yourself a “crab cake eggs benedict” to indulge yourself with.

Just have fun and keep it Cajun Easy. Sure . . . you can add a bit of chopped “Cajun Holy Trinity” to the mix. And yes . . . you can add a spoonful of Worcestershire. Go ahead, experiment and enjoy. I know I will keep on having a good time in the kitchen.

Why don't you join me mon cher?!?

;-)



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