

Gluten-Free Crab Cakes

I have always liked crab cakes but have felt that the traditional use of breadcrumbs or cracker crumbs has ruined them by adding gluten and a large sugar load. In contrast, here is a lovely recipe, easy-to-make, delicious, and both gluten-free and low in refined carbs.

Prep Time: 25-30 Minutes **Serves:** Four (Makes 8 cakes)

Ingredients:

2 large, organic-fed, cage-free eggs lightly beaten
1 pound fresh lump crabmeat
1 tablespoon Dijon mustard
2 tablespoons extra-virgin olive oil
½ medium sweet onion, chopped finely
½ teaspoon sea salt
¼ teaspoon ground black pepper
½ teaspoon Italian herb seasoning
4 medium garlic cloves, chopped finely
¼ cup Italian parsley, chopped finely
¾ cup blanched finely ground almond flour
2 tablespoons ghee
2 tablespoons extra-virgin olive oil

Directions: In a medium bowl, lightly whisk the egg. Mix in the crabmeat. Mix well with a fork, breaking up any large pieces. Mix in the mustard and set aside.

Heat a large sauté pan (or skillet) to medium heat. Add olive oil, then onion and heat for 2-3 minutes with an occasional stir. Add salt, black pepper, Italian seasoning, and garlic, heat another 2 minutes, then set aside.

Add parsley to crabmeat mixture. Then add sautéed onion mixture. Add flour and stir until well mixed.

Use a 1/4 cup scoop to portion out portions of the mixture. Use your hands to form the portions into eight 1/2-inch-thick patties and place on wax paper.

Reheat the large sauté pan to medium heat, add 1 tablespoon of butter and 1 tablespoon of olive oil. Next, add 4 of the crab cakes. Heat them for about 4 minutes without moving, until the edges on the bottom are lightly browned.

Carefully, flip the crab cakes, use a second spatula if needed. Cook on the other side, about 3-4 minutes, until lightly browned.

Then cook the other 4 crab cakes in a second pan, or repeat and cook in the same pan using remaining ghee and olive oil.

Enjoy- Steven Masley, MD