



# *Cook Like a Rebel*

Southern Style Crab Cakes  
with

Chef Scott Pajak – Lagasse's Stadium



HARRAH COLLEGE  
OF HOSPITALITY  
Alumni Chapter

# SOUTHERN STYLE CRAB CAKES

## INGREDIENTS

### Crab Cakes

- 1/4 cup red bell pepper, small diced
- 1/4 cup green bell pepper, small diced
- 1/4 cup yellow onion, small diced
- 1/4 cup celery, small diced
- 1 lb crabmeat lump (or what is currently in stock)
- 8 oz panko bread crumbs
- All purpose flour
- 1 egg
- 1 cup milk
- 1 lemon; zest 1/2 of the lemon
- 1/2 cup mayonnaise
- Kosher Salt
- Black pepper
- Emeril's Original Essence (or another Creole seasoning)

### Dipping Sauce

- Louisiana Crystal Hot Sauce (or hot sauce of your choice)
- Sour cream or Greek yogurt
- Green onion for garnish

## METHOD

1. Saute the red bell pepper, green bell pepper, celery, and onion together with a little salt and pepper on medium heat for 3 to 4 minutes. Once finished put on a plate to cool in the fridge
2. Mix 1/2 cup sour cream with Louisiana Crystal Hot Sauce for dipping. Start with one tablespoon of hot sauce and add more if you like for a little more heat
3. Set up breading station (3 bowls needed):
  - a. 1st bowl - 1.5 cups all purpose flour
  - b. 2nd bowl - egg wash: 1 cracked egg and 1/2 cup milk
  - c. 3rd bowl - panko bread crumbs
  - d. Season all 3 bowls with Emeril's Original Essence, kosher salt and black pepper
4. Press crab in can to strain any excess water
5. Transfer crab to a bowl and add bell peppers, onion, celery, lemon zest, mayonnaise, salt, pepper, and 2 tbsp of panko to help bind. Mix all ingredients together
6. Roll crab mix in to 6 individual cakes
7. Move to breading station: use left hand for flour and egg, use right hand for egg and panko. Place breaded crab cake on plate
8. On medium flame, heat saute pan with 1 tbsp vegetable oil
9. Saute each side of crab cake until a nice golden brown
10. Plate with some of the Louisiana Crystal Hot Sauce and garnish with green onion

# **SOUTHERN STYLE CRAB CAKES**

## **Prep List**

### **CHEF SCOTT'S SHOPPING LIST**

- 1 small red bell pepper
- 1 small green bell pepper
- 1 small yellow onion
- Celery
- 1 lb crabmeat
- 8 oz Panko bread crumbs
- All purpose flour
- Egg
- Milk
- 1 lemon
- Mayonnaise
- Kosher salt
- Black pepper
- Emeril's Original Essence or other Creole seasoning
- 2 - 5 oz bottle Louisiana Crystal Hot Sauce or hot sauce of choice
- 12 - 16 oz container of sour cream or plain Greek yogurt
- Green onion (optional)

### **PREP LIST - THINGS THAT CAN BE DONE IN ADVANCE**

- Dice the bell peppers, onion, celery, saute and let cool
- Zest 1/2 of the lemon
- Can make the Louisiana Crystal Hot Sauce dipping sauce