

CRABCAKE cooking instructions:

It is best to THAW Crabcakes completely OUTSIDE of the bag prior to cooking them, either overnight in refrigerator or on the counter for at least an hour. Please remember the crabmeat is not raw. They steam the entire crab prior to picking the crabmeat, so you are just trying to heat them through/crisp up the outside!

Baking instructions:

375 degree oven

Use non stick spray on a cookie sheet.

Bake approx 15-20 mins, just until center is hot, then

turn oven to broil for approx 1-2 mins.

Squeeze lemon juice on top if desire.

Stove top instructions:

Medium/medium high heat. Crabcakes will fall apart if you do not sear them properly before turning them!)

Using a skillet, use non stick spray, olive oil, grape seed oil and/or butter.

Sear them for approx 4-5 mins each side until crispy and warm in the center. (For extra crispy, flatten the Crabcakes with a spatula as you are searing them).

Squeeze lemon juice on top if desire.