

## **McGowan's Meal in a Minute Crab Cakes!**

### **Preparation**

PREHEAT OVEN TO 400 F. HEAT A SAUTE' PAN TO MEDIUM HEAT. COAT THE CRAB CAKES WITH THE PANKO. ADD CANOLA OR GRAPSEED OIL TO THE SAUTE' PAN (WE RECOMMEND THESE OILS AS THEY HAVE A HIGHER SMOKING POINT). IMMEDIATELY PLACE CRAB CAKES INTO PAN. GENTLY TURN CAKES OVER AFTER 4 MINUTES. PLACE PAN IN OVEN (MAKE SURE IT IS OVEN-PROOF) AND BAKE FOR 8 MINUTES. SERVE WITH REMOULADE. ENJOY!!!

P.S. OUR CRAB CAKES ARE NOT MEANT TO BE FROZEN!! THEY WON'T BE NEARLY AS GOOD!

