



Shrimp Crab Cakes

Ingredient List:

- 1 pound wild shrimp, pre-cooked and chopped
- 1 pound crab meat, inspected for shells (I use claw meat.)
- 2 Eggs
- 1 red onion, minced
- Kosher salt and ground pepper, to taste
- 1/2 teaspoon dry dill weed
- 1/2 teaspoon dry thyme
- Light olive oil for pan frying.

Preparation Instructions:

1. Combine all ingredients, except olive oil, in a mixing bowl and mix well until uniform.

2. Heat 1/2" of light olive oil in a sauté pan until it reaches 350°.
3. Form crab cakes using a cookie cutter mold to the size of your liking. Place in hot oil being sure to lay them away from you so you do not splash your Paleo Nick shirt with oil. Do not overcrowd pan and be sure to keep the oil temperature above 330° at all times.
4. Cook for 2-3 minutes on the first side or until egg is set and cake is lightly browned. Then turn over and cook for 1-2 additional minutes.
5. Remove from pan, immediately season (lightly) with kosher salt, and let rest on a baker's rack (as seen below) until all cakes are cooked.
6. You can reheat them in the oven for a minute or two if necessary if serving several at once and some have cooled.
7. Pair with Pear Apple Chutney (recipe will be posted tomorrow), share with your friends and smile because you are...

"Keeping It Paleo!"

