

**Blue crab cakes**  
**Chris Verlinde**  
**UF/IFAS Fl. Sea Grant Extension**  
**Santa Rosa County**

**Ingredients:**

*butter*  
*1tsp hot sauce*  
*1 tablespoon minced onion*  
*1 teaspoon mustard*  
*1 pound of jumbo lump crab meat, claw meat or your own hand-picked picked crab meat*  
*½ Cup heavy cream*  
*2-3 tablespoons melted butter*  
*½ teaspoon salt*  
*½ teaspoon pepper*  
*Shake Cajun seasoning*  
*1/2 – 3/4 Cup of breadcrumbs*  
*1 egg*

**Instructions:**

Pick any remaining shell from crab meat

Mix all ingredients together

For fried crab cakes:

Shape crab mixture into cakes, fry in butter or oil over medium heat for about 5 minutes on each side.

For mini baked crab cakes:

Fill mini-muffin spots with crabmeat mixture, top with chopped pads of butter

Bake at 375° for 10-15 minutes or until golden brown and butter sizzles. Enjoy!

**Number of Servings:** 1 pound of crab meat will make 6-10 crab cakes or 24-mini crab cakes.

**Species Profile**

As one of Florida's top seafood products, these tasty crustaceans provide healthy and delicious dinner fare. Blue crabs are found throughout Florida's estuaries. Blue crab meat is low in fat, high in protein and contains vitamins, calcium, iron and omega3-fatty acids.

Blue crabs begin their lives offshore. As they grow, they follow tidal currents and eventually spend their lives in our estuaries. Blue crabs are crustaceans. They have a hard exoskeleton, as blue crabs grow, the exoskeleton becomes too small. Blue crabs then molt, the exoskeleton cracks and the soft-body crab backs out of the old shell. At this point, the shell is soft and in about 24 hours, will be hardened by calcium and minerals in saltwater. Blue crabs can be found in seagrass beds or swimming in the water column. Translation of the scientific name, *Callinectes sapidus*, describes blue crabs as "beautiful, savoy swimmers."

**Where to buy**

Whole blue crabs and blue crab meat can be purchased in many local seafood markets.

Sometimes you might find blue crabs at your local grocery store seafood counter. Whole blue crabs can be purchased cooked (usually steamed), cleaned (exoskeleton and insides removed),

soft-shell (the soft tissue body right after a blue crab sheds it's hard exoskeleton), fresh or frozen. The body meat is sold either as claw meat (strictly from the claws), cocktail fingers (claws that have most of the shell removed) lump and jumbo lump crab meat. You can purchase local blue crabs and meat fresh or frozen or purchase pasteurized blue crab meat that is usually imported. To learn more about Florida Blue crabs and Florida seafood, check out the [Fl. Department of Agriculture and Consumer Sciences Seafood webpage](#).

**How to catch**

Blue crabs are harvested both commercially and recreationally. Commercially, blue crabs are harvested using traps. Recreationally, blue crabs can be harvested using traps, dip nets and even string with a hook and use chicken as bait. If you decide to try to catch blue crabs recreationally, using any of these techniques, make sure you pay attention to trap requirements, size, daily bag limits and have a recreational saltwater license. For more information, [click here](#).

**Sustainability:**

U.S. fisheries are managed to be sustainable. Florida seafood harvesters follow state and regulations to manage sustainable fisheries.