



## **Cooking Instructions**

### **Crab Cakes**

**Pan Sauté:** Add just a little oil and or butter to a fry pan on medium heat. Cook on the first side 6 to 8 minutes and turn over and cook for an additional 6 minutes or until golden brown and reaching an internal temperature of 165 degrees.

**Baking:** Preheat oven to 400 degrees and spray a cookie sheet with non-stick spray. Brush with either butter or mayonnaise and bake for approximately 25 minutes or until golden brown and reaching an internal temperature of 165 degrees.