

I Can't-Believe-It's-Not-Crab Crab Cakes

Adapted from John Shields, chef/owner of Gertrude's, Baltimore, Md.; recipe appears in "Cooking Fresh From the Mid-Atlantic" edited by Fran McManus & Wendy Rickard

Ingredients

2 cups coarsely grated zucchini
salt
1 cup bread crumbs
1 egg beaten
1 ½ teaspoons Old Bay seasoning
1 teaspoon Dijon mustard
1 tablespoon mayonnaise or plain yogurt
Juice of ½ lemon
¼ cup chopped fresh parsley
vegetable oil, for frying

Method

Place grated zucchini in a colander; sprinkle lightly with salt. Let zucchini sit for about 30 minutes, allowing it to drain. Squeeze to remove additional liquid - zucchini should be fairly dry.

Place zucchini and bread crumbs in a large bowl and mix together.

Place egg, Old Bay, Dijon, mayo, lemon juice and parsley in a small bowl. Mix well.

Pour egg mixture into zucchini-bread crumb mixture, and mix gently and thoroughly. Form into 8 patties the size of crab cakes. Heat a small amount of oil in a sauté pan, and cook patties on both sides, browning well.