



## Seafood Cake

**Maintenance to be mixed into this recipe:** seafood maintenance (e.g. crab, shrimp, fish, etc)

### Ingredients:

- Seafood maintenance foods
- 1/3 cup mayonnaise
- 2 large eggs
- 1 tablespoon chopped parsley
- 1 tablespoon dijon mustard
- 1 teaspoon fresh lemon juice
- 1 teaspoon Old Bay seasoning
- 1/4 teaspoon cayenne pepper (can go up to 1/2 tsp if you want more spice)
- 3/4 cup plain panko breadcrumbs (or any breadcrumb substitution to preference)
- 1 tablespoon oil (canola, vegetable, or olive oil is best)
- 1 tablespoon butter



### Instructions:

1. In a large bowl, whisk together mayonnaise, egg yolk, parsley, mustard, lemon juice, old bay and cayenne pepper until combined
2. Fold in maintenance amount of seafood meat (e.g. crab, shrimp, fish) and breadcrumbs and shape into small cakes
3. Add butter and olive oil too skillet over medium heat
4. Cook seafood cakes for 4-5 min on each side until golden brown
5. Drain on paper towels then ready to serve.

### *Warning:*

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Eggs and Dairy, Seafood**