

PLAZA III

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CRAB CAKES



PAN SAUTÉ FROM THAWED

- ① Heat 1.5 Tbsp. oil per cake in pan for 1 minute over medium heat and then carefully add the crab cakes to the pan and cook for 2.5 – 3 minutes.
- ② Flip and sauté an additional 2 – 3 minutes until golden brown.
- ③ Place crab cakes on paper towels to remove excess oil before serving.



BAKE FROM FROZEN

- ① Preheat oven to 425°F and place crab cakes on a lightly oiled baking sheet.
- ② Bake for 15 minutes until golden brown. (Flipping midway through is optional.)

THAWING INSTRUCTIONS:

Defrost in the refrigerator 8 – 10 hours, or place in a microwaveable container and heat on high for 30 seconds, flip, then heat for 15 seconds.