



MARYLAND CRAB CAKES



SERVES

4 - 6



METHOD

OVEN/BROILER



MINUTES

35



DIFFICULTY

2/10

INGREDIENTS

- 1 pound crabmeat, shredded
- 1½ tablespoons dry bread crumbs
- 2 teaspoons fresh parsley, chopped
- Salt and pepper to taste**
- 1 egg
- 1½ tablespoons mayonnaise
- 1/2 teaspoon ground dry mustard
- 1 dash hot pepper sauce

Preheat oven broiler.

Mix together crabmeat, bread crumbs, parsley, salt and pepper.

Beat together egg, mayonnaise, hot sauce and mustard. Combine with other ingredients and mix well. Form into patties and place on a lightly greased broiler pan or baking sheet.

Broil for 10 to 15 minutes, until lightly brown.



BASIC COOKED MUSTARD GREENS



SERVES

4-6



METHOD

STOVETOP



MINUTES

60+



DIFFICULTY

2/10

INGREDIENTS

2 bunches mustard greens
(washed well)

1 pound fatback (or thick bacon)

Optional: sugar

Salt, to taste

Black pepper, to taste

Wash your mustard greens 3 or 4 times in fresh water, draining them each time. Then strip the leafy part from the stems and discard the stems.

In a large Dutch oven or stockpot fry 1 pound of fatback, thick bacon, or ham chunks until browned; add the mustard greens to the pot.

Fry, stirring until greens start to wilt.

Add 2 cups of water and cook until the greens are tender, about 1 hour or more. Add more water as needed.

You can add a teaspoon sugar to the water to sweeten the greens. Stir frequently on medium heat so they don't burn.

Season with salt and freshly ground black pepper and serve.