



Prep Time: 20 min.



Sauté Time: 8-5 min.

# Crab, Lobster and Seafood Cakes

**BAKE:** From frozen, preheat oven to 400\* and spray a sheet pan with Spray oil or brush with oil. Place your cakes on a greased sheet pain leaving a 2" space between each and bake for 20 Minutes or to an eternal temperature of 165\*

**DEFROST:** Follow directions above and adjust the cooking time to 15-17 minutes.

**SAUTÉ FROM DEFROST:** Preheat your pan over medium heat, add 1 TBL. of olive oil or butter per cake and sauté 4-5 min. side to a brown crust and an internal temperature of 165\*

*Defrost frozen product in a refrigerated environment*



[www.Great-Alaska-Seafood.com](http://www.Great-Alaska-Seafood.com) • Toll Free 866-262-8846