



The Recipe Book

20 quick and delicious crab & seafood recipes





Spicy & Creamy Crab Chowder

Spice. Cream. Crab. Is there any better combination?

Our spicy crab chowder recipe is incredibly versatile and will hit the spot all year round. Pair it in the summer with a crisp sauvignon blanc, or in the winter with a warm sweater and your favorite book!

Ingredients

- *¼ cup butter*
- *4 medium sized shallots*
- *2 cloves garlic*
- *1 hot pepper chopped finely (typically, we use fresh jalapeno)*
- *8-10 potatoes*
- *4 cups spinach*
- *1 cup asparagus, chopped*
- *4 tablespoons of Cajun spice*
- *3 - 4 cups of Cameron's lump Maryland crab meat*
- *3 - 4 cups of chicken bouillon*
- *2-3 cups of light cream or whole milk*
- *Salt and pepper to taste*
- *Optional but amazing: ½ cup of maple syrup*



Servings: 6



Prep Time: 10 min



Cook Time: 50 min

1. Finely chop shallots, hot pepper & garlic. Dice potatoes in ½ inch cubes. Cut asparagus in ½ inch sections.
2. In a heavy bottom pot, melt butter and add shallots and garlic at medium heat.
3. Sauté until slightly golden in color.
4. Add hot pepper, Cajun spice and potato.
5. Sauté until potatoes are golden and covered in Cajun spice.
6. Stir in crab meat, asparagus and spinach and cook until slightly soft to the touch.
7. Add in chicken bouillon and stir.
8. Add milk or cream to desired thickness of chowder.
9. Salt and pepper to taste.
10. Continue to simmer over low heat, stirring until ready to serve.
11. When finished, the chowder should be a nice deep reddish orange.
12. We recommend enjoying this spicy crab chowder with some fresh garlic bread and a green salad.



Thai Green Curry Crab Soup

Packed with all sorts of immunity boosters, including Cameron's crab meat, this is a soup you will want to be making all winter long. The light vibrant flavors of this soup are perfect to showcase the beautifully succulent and delicate crab meat. We hope you enjoy this tasty crab soup recipe!

Ingredients

- 2 tbsp cooking oil
- 1 small chopped onion
- 8 mushrooms, sliced
- 3 cloves minced garlic
- 1/2 inch chunk of ginger
- 3 tbsp green curry paste
- 14 fl. oz. can of coconut milk
- 2 tbsp fish sauce
- 1 red Thai chili, halved
- 4 cups of chicken broth
- 1 cup of halved snow peas
- 1 lb of Cameron's lump Maryland crab meat
- 2 green onions, sliced
- 2 tbsp of fresh cilantro
- 1/4 of a fresh lime
- salt to taste



Servings: 4



Prep Time: 15 min



Cook Time: 30 min

1. Heat oil in a medium sized pot over medium heat.
2. Once the oil is heated, add onions and cook until they are translucent. Add sliced mushrooms and cook for a couple of minutes. Once the mushrooms are cooked, add minced garlic, grated ginger and green curry paste. Cook just until you can start to smell the herbs, being careful not to burn your garlic.
3. Add coconut milk, fish sauce, and halved Thai chili. Cook for a minute or two and then add 4 cups of chicken broth. Let your soup simmer on low for about 15 minutes to meld all of the lovely flavors together.
4. Add snow peas. Heat for a few minutes in the soup and then add lump Maryland crab meat and squeeze in the juice of a 1/4 lime. Let the crab heat through and add salt to taste.
5. Ladle soup into bowls and top with some sliced green onions and chopped fresh cilantro.
6. If it's dinner time and you want a more substantial meal, steamed rice or cooked rice noodles would work well with the soup too.



Creole Crab Gumbo

It is rich in flavor but the crab still really shines through. The trick is to add the crab meat just before the end of the cooking so the delicate flavor doesn't get lost in the gumbo.

Ingredients

- 2 cups Cameron's lump Maryland crab meat
- 1/2 cup butter
- 1/2 cup flour
- 2 tbsp cooking oil
- 1 cup okra, slice
- 2 celery stalks, diced
- 1 small onion, diced
- 1 green pepper, diced
- 2 tomatoes, diced
- 2 cloves garlic, minced
- 3 tsp of Creole seasoning blend:
 - 1 tsp oregano
 - 1 tsp basil
 - 1 tsp thyme
 - 1 tsp garlic powder
 - 1 tsp onion powder
 - 1 tsp paprika
 - 1 tsp cayenne
 - 1 tsp black pepper
- salt to taste (about 1/2 tsp)
- 4 cups of seafood stock (chicken stock works too)



Servings: 6



Prep Time: 20 min



Cook Time: 75 min

1. In a medium sauce pan over medium heat, melt your butter and then add in the flour and whisk well to make a roux. Keep whisking the roux every few seconds until your roux starts to turn a light brown color. Now turn the heat to low and whisk your roux every minute or so until your roux turns a rich brown color, like the color of peanut butter. Take it off the heat and set it aside until you need it again. You can dice your vegetables while you are cooking your roux, just don't forget to stir.
2. In a big sauce pot over medium heat, put in your 2 tbsp of cooking oil. Once your oil is well heated, add in the okra and cook for a few minutes until the okra is soft.
3. Take out the okra and set aside and cook your onions and celery until the onions are translucent. Add in the garlic, green peppers, tomatoes, creole seasoning, and salt, and cook for about 5 minutes until the tomatoes start letting off some juice and everything is starting to smell nice and fragrant.
4. Now add in your roux and let everything cook together for a minute or two until it all comes together and looks like a paste.
5. Add in your seafood stock and once it comes to a boil, turn the heat down to low and let it simmer for about 45 minutes. Add in your crab and cook for 10 minutes and your gumbo is ready to eat.



Oyster Stew

Oyster stew is more like a rich soup than a stew, and it is delicious. The brininess of the oyster cuts the richness of the cream and they create a beautiful combination.

Ingredients

- 2 pint jar of Cameron's Shucked Oysters
- 1.5 tbsp oil
- 2 tbsp butter
- 1 shallot finely diced
- 1 celery stalk finely diced
- 1 garlic clove minced
- 1/2 tsp cayenne
- 1/2 tsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups heavy cream
- 1 cup milk
- 2 tbsp chives chopped
- 2 tbsp fresh parsley chopped
- 1/4 lime juiced



Servings: 4



Prep Time: 10 min



Cook Time: 20 min

1. Start this easy oyster recipe by putting the oil and butter into a medium sized pot on medium heat.
2. When the butter is melted, add the shallots and celery and cook until they are soft, about 5 minutes. Add in the garlic, cayenne, thyme, salt, and pepper, and cook just until you can smell the garlic.
3. Now add the heavy cream and milk and cook until your stew just starts to simmer, but is not boiling. Turn down the heat and add your oysters along with the brine they came in. Cook until the oysters just start to turn up around the edges - any longer and your oysters are going to get rubbery.
4. Portion your stew into four bowls and divide the chives, fresh parsley, and lime juice into each bowl.
5. It's as easy as that to make oyster stew! This oyster stew recipe can be served on its own as an appetizer or can be eaten as a meal with salad or fresh bread on the side, or both! Crackers are also a popular item to eat with oyster stew.



Deviled Crab Croquettes

We use our succulent fresh lump crab meat as the star in these delicious crab croquettes. They turn out crispy on the outside but soft and fluffy on the inside with bursts of crab flavor interspersed throughout.

Ingredients

- 1 lb. Cameron's Lump Maryland Crab Meat
- 1 cup mashed potatoes
- 3 hard-boiled eggs diced
- 1 celery stalk finely diced
- ½ onion finely diced
- 1 egg
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp oregano
- ¼ tsp thyme
- ¼ tsp cayenne
- ¼ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp dried parsley
- pinch of mustard powder
- pinch of nutmeg
- 1½ cups bread crumbs
- cooking oil to fill 1 ½ inches of a large sized pot



Servings: 4



Prep Time: 10 min



Cook Time: 10 min

1. In a medium-sized bowl, mix together your Lump Maryland Crab Meat, mashed potatoes, diced hard-boiled eggs, celery, onion, raw egg, and all the spices.
2. Form the mixture into small foot-balls (about 2 inches in length) and roll them carefully in the bread crumbs to coat. Put the croquettes into the fridge and chill for half an hour so the crumbs adhere well to the croquettes.
3. Pour about an inch and a half of cooking oil into a large pot over high heat and once it is hot enough (test by putting in a little piece of a croquette, if it sizzles it is hot enough), fry your croquettes. Be careful not to crowd the pot, you want to cook your croquettes in batches to keep the oil at a high heat. Turn the deviled crab croquettes while cooking if you need to, this will ensure the croquettes get crispy and golden brown all over. Take the croquettes out of the pot when done and place on a plate with some paper towel to soak up any extra oil.
4. Now your deviled crab croquettes are ready to eat!
5. They are great on their own or you could serve them with a dipping sauce. We served ours with a chipotle sauce: equal parts mayonnaise, sour cream, and finely diced chipotles in adobo sauce.



Crab Nachos

Today, variations on nachos can be found everywhere around the world. Being from Maryland, we saw it fit to create our own recipe for crab nachos, using our lump Maryland crab meat.

Ingredients

- 1 lb Cameron's Lump Maryland Crab Meat
- corn chips
- 1 tsp oil
- 2 tsp butter
- 1 clove garlic, minced
- 1 tsp cumin
- 1 tsp chili powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 small can yellow corn
- 1 small can chopped green chilies
- ½ cup sour cream
- 2 tbsp mayonnaise
- 2½ cups white cheddar, shredded
- 1 avocado, peeled and chunked
- 4 strips bacon, cooked and crumbled
- ¼ cup chives, chopped



Servings: 4



Prep Time: 5 min



Cook Time: 20 min

1. Preheat your oven to 350 degrees Fahrenheit.
2. Over medium heat melt your butter and oil in a small sauté pan.
3. Add in the corn, cumin, chili powder, salt, and pepper and cook until the corn is golden brown.
4. Add the garlic in for the last minute of cooking, as you don't want it to burn. Remove the pan from the heat.
5. Add the lump Maryland crab meat, sour cream, mayonnaise, and green chilies to the hot spiced corn and mix carefully. You don't want to break the crab meat up too much while stirring it.
6. Arrange a single layer of corn chips on a rimmed baking sheet and top with half the crab mixture and half the shredded white cheese. Bake in the oven for 2 minutes.
7. Take the baking sheet out of the oven and arrange another layer of chips on top of the first layer and add the rest of the crab mixture and the shredded cheese on top of those chips.
8. Broil your nachos on the low broil setting until the cheese is melted and starting to bubble and brown.
9. Take your nachos out of the oven and garnish chunks of avocado, crumbled bacon, and chopped chives.



Crab Dip Mashed Potatoes

Cameron's Jumbo Lump Maryland Crab Meat laced mashed potatoes, what could be better? This creamy, cheesy, crabby and unique mashed potatoes recipe will be the star of your dinner table

Ingredients

- 4 lbs. Russet Idaho or Yukon Gold Potatoes, peeled and cut into 1 inch pieces
- 1 pkg. 8 oz. cream cheese, softened to room temperature
- 1 cup sour cream
- 2 teaspoons seafood seasoning like Old Bay™
- 1 teaspoon dijon mustard
- 2 teaspoons hot sauce optional
- 1 lb. Cameron's Jumbo Lump Maryland Crab Meat
- salt and pepper to taste
- 1 1/2 cups shredded cheddar and jack blend cheese
- 2 tablespoons fresh chives chopped



Servings: 4



Prep Time: 15 min



Cook Time: 72 min

1. Place potato pieces in a pot and fill with cold salted (1/4 cup salt) water, just covering the potatoes. Bring to a boil over medium high heat and cook for 15-20 minutes or until fork tender and drain.
2. While potatoes are cooking, combine cream cheese, sour cream, seafood seasoning, dijon mustard and hot sauce in a food processor. Blend until smooth.
3. Mash potatoes in a large bowl using a potato masher or ricer. Add cream cheese mixture and fold into the potatoes until blended, creamy and smooth.
4. Carefully fold in jumbo lump crab (making sure not to break up the lumps too much), season with salt and pepper.
5. Preheat oven to 425°F. Spoon potatoes into an oven-safe casserole dish or skillet and top with shredded cheese.
6. Bake for 8-10 minutes or until cheese has browned slightly and is bubbly. Top with chopped chives before serving.



Cream Cheese Crab Balls

Not just for the holidays, a classic crab ball recipe with cream cheese and seafood sauce is a perfect snack or appetizer for any get-together with family or friends.

Ingredients

Crab Ball

- 1 lb *Cameron's Lump Maryland Crab Meat*
- 8 oz *cream cheese*
- 2 *tbsp mayonnaise*
- ½ *tsp garlic powder*
- ½ *tsp thyme*
- ½ *tsp chili flakes*
- ½ *tsp salt*
- ¼ *tsp pepper*

Seafood Sauce

- 2 *tbsp ketchup*
- 2 *tsp lemon juice*
- 1 *tsp Worcestershire sauce*
- 1 *tsp creamed horseradish*
- 1 *tsp hot sauce*
- *salt and pepper to taste*



Servings: 4



Prep Time: 20 min



Chill Time: 60 min

1. Take the cream cheese out of the fridge a few hours before you want to make your crab ball.
2. Once the cream cheese has softened, mix it with an electric mixer or a spoon in a medium mixing bowl until it is creamy. Add in the mayonnaise, garlic powder, thyme, chili flakes, salt, and pepper. Mix them well and then carefully mix in the Lump Maryland Crab Meat.
3. With clean hands form the mixture into a ball and place on a plate. Put it in the fridge to chill for an hour so that it hardens up a bit before you are going to dig into it.
4. For the seafood sauce, mix all the ingredients together in a small bowl. Add a touch of salt and pepper if you feel it needs a bit more seasoning. Store in the fridge until you are ready to use it. Once you are ready to serve your crab ball, spread your homemade seafood sauce over it and it is ready to be eaten. Serve your crab ball with crackers, chips, bread, or even vegetable sticks.
5. Want dinner instead? Once you have made the crab ball, put it in a medium sauce pan with the seafood sauce and heat just until very hot. Mix in your favorite pasta cooked according to the package directions, and you are ready to eat!



Southwest Crab Cake Sliders

These southwest crab cake sliders add a kick to your crab cakes while still maintaining the crab's luscious and delicate flavor. These crab cake sliders are quick and relatively easy to make – so let's get started!

Ingredients

Crab Cakes

- 1 1/2 cups of Cameron's jumbo lump Maryland crab meat
- 3 tbsp mayo
- 1 egg
- 3/4 cup of crushed crackers
- 1 clove minced garlic
- 1/4 lime, juiced
- 1/2 tsp each thyme and oregano
- 1/4 tsp paprika, chili powder, and cumin
- salt and pepper

Coleslaw

- 1/4 small cabbage, shredded
- 2 small carrots, shredded
- 2 green onions sliced thinly
- 1 tbsp honey or maple syrup
- 1/4 cup white vinegar
- 1/4 cup mayonnaise
- 1 tbsp chopped fresh cilantro

Chipotle Mayo

- Chipotles in adobo sauce
- Mayonnaise



Servings: 4



Prep Time: 30 min



Cook Time: 20 min

1. Mix the egg and mayo and then add rest of the crab cake ingredients into a small mixing bowl. Mix them all together and then form patties in the size of your choice. Store the patties in the fridge for now.
2. Mix together honey, white vinegar, mayo and chopped cilantro. Pour these over carrots, onions and cabbage in a medium bowl and toss them all together. Pop this in the fridge to keep chilled until you are ready to assemble your sliders.
3. Pick out a chunk or two of chipotles and, along with some of the adobo sauce, put them in a blender with an equal amount of mayonnaise. Blend until smooth.
4. Take a medium or large sized frying pan and heat it up over medium heat with 1/3 cup of cooking oil. To test if your oil is ready, you can take a little piece of one crab cake and place it in the pan, if it starts to sizzle, you are good to go.
5. Cook the Maryland crab cakes until golden, about 4-5 minutes on each side. Keep an eye on them as every stove is different and yours might brown faster or slower than others.
6. Cut your slider buns in half and spread a thin layer of chipotle mayo on each side. Place one crab cake on the bottom half and top it with some sliced avocado and a little bit of coleslaw.



Zucchini Crab Cakes

With Sour Cream And Dill Pickle Aioli

The zucchini adds a really nice clean flavor to the cakes and doesn't over power the delicate flavor of the crab meat. This zucchini crab cake recipe is easy to prepare and truly delicious.

Ingredients

Crab Cakes

- 1 cup Cameron's Lump Maryland crab meat
- 1/2 zucchini, grated
- 2/3 cup breadcrumbs
- 1 clove garlic, minced
- 3 tbsp mayonnaise
- 1/4 tsp celery seed, paprika, thyme, cayenne
- pinch of salt and pepper

Sour Cream and Dill Pickle Aioli

- 2 tbsp sour cream
- 2 tbsp mayonnaise
- 1 small dill pickle, finely diced
- splash lime juice
- pinch of salt and pepper



Servings: 6



Prep Time: 20 min



Cook Time: 20 min

1. Take your grated zucchini and place it in a cheesecloth or thin, clean tea towel. Wring as much liquid out of it as you can. The more liquid you can get out, the better your crab cake will hold together.
2. Sauté the zucchini in a small pan with about a tablespoon of cooking oil until it gets a little bit softer, just a couple of minutes. Once your zucchini is soft, add in the minced garlic and cook just until you can smell the garlic. Take your pan off the heat and cool the zucchini to room temperature.
3. In a small mixing bowl, combine the rest of your ingredients together with your cooled zucchini and garlic and make them into 6 round patties. Put the crab cakes into the fridge and chill for at least 30 minutes.
4. Make the aioli by mixing all of the ingredients together in a small bowl.
5. Heat a medium sized pan over medium high heat with 1/3 cup of cooking oil. Once your pan is heated, cook the cakes for about 3-5 minutes on the first side until crisp and a golden color, and then flip and cook for the same amount of time on the other side. Serve them with the sour cream and dill pickle aioli.



Keto Classic Maryland Crab Cakes

The Ketogenic diet is a new popular weight loss, healthy eating plan where dieters are encouraged to reduce their carbohydrate consumption and increase protein and fat. We've created this fabulous Keto crab cake recipes, perfect for those looking for a low carb entree option.

Ingredients

- 1 egg
- 1/4 cup mayonnaise
- 1 teaspoon dijon mustard
- 2 teaspoons Maryland seafood seasoning
- 2 teaspoons lemon juice
- 1 teaspoon Worcestershire sauce
- 1 lb. Cameron's Seafood Jumbo Lump Crab Meat
- 1/2 cup pork rinds ground
- 1/2 cup almond flour
- 1 tablespoon fresh parsley
- 2 tablespoons ghee or unsalted butter



Servings: 4



Prep Time: 10 min



Cook Time: 15 min

1. Preheat oven to 350°F.
2. In a large bowl whisk together egg, mayonnaise, dijon, seafood seasoning, lemon juice and Worcestershire sauce until smooth.
3. Fold in crab meat, pork rinds, almond flour and parsley until completely coated.
4. Heat ghee or butter in a large oven-proof skillet over medium high heat.
5. Form crab cake mix into even patties and carefully place them in the pan.
6. Brown crab cakes for 5 minutes and finish in the oven.
7. Bake for 8-10 minutes or until crab cakes are cooked through. Serve hot.



Crab And Artichoke Pasta

We had a half batch of crab and artichoke dip and we were wondering what we could do with it besides just eat it as a dip. We came up with this crab and artichoke pasta which is sure to please!

Ingredients

- 1 cup Cameron's lump Maryland crab meat
- 1/2 small jar of marinated artichokes, chopped
- 1/4 cup cream cheese, softened
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup monterray jack cheese
- 1/2 cup parsley, chopped
- 1 lemon, zested
- 1 garlic clove, minced
- pasta of your choice, enough for 4 people
- 1/3 cup dry white wine
- 1/3 cup heavy cream
- salt and pepper to taste
- 1 cup of arugula
- grated Parmesan cheese, to sprinkle on your pasta



Servings: 4



Prep Time: 15 min



Cook Time: 10 min

1. Make gremolata by mixing the chopped parsley, lemon zest and minced garlic in a small bowl and set aside.
2. Fill a large pot 3/4 of the way with water and add some salt to the pot. Bring to a boil.
3. In a medium saucepan, bring 1/3 cup of dry white wine to a boil over medium heat. Once it is boiling, add in chopped artichokes, cream cheese, mayonnaise, sour cream, monterray jack cheese, parsley, heavy cream, salt & pepper and bring back to a boil. Once it's boiling reduce to a simmer.
4. Add the pasta to your boiling pot of water and follow the package cooking directions. Usually 7-10 minutes is the normal cooking time for pasta.
5. Once your pasta is almost done cooking add the lump Maryland crab meat to your sauce and let it cook just for a minute or two.
6. Drain your cooked pasta, reserving a 1/4 cup of the pasta water. Adding the pasta water into the pasta when you toss it in the sauce will let your sauce stick to your pasta better. Toss the sauce and pasta water with your pasta and divide it on to 4 plates. Top each plate with a bit of the gremolata, arugula and Parmesan cheese.



Creamy Lemon Garlic Crab Quick Meal

The recipe for this creamy lemon garlic crab pasta is a family favorite, a frequent request, that even allows me to sneak in a little of the 'green stuff' from my veggie-phobic husband.

Ingredients

- 2 tablespoons unsalted butter
- 4 garlic cloves peeled and minced
- 1/2 cup white wine
- 1/4 cup lemon juice
- 1/2 tablespoon lemon zest
- 1/2 cup half and half full fat or low fat
- 1 cup spinach chopped baby spinach or thawed and drained frozen spinach
- 1 cup Cameron's Seafood Jumbo Lump Crab Meat thawed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 cups cooked linguine or spaghetti noodles
- 1/2 cup shredded parmesan cheese
- 1 tablespoon fresh basil chopped



Servings: 4



Prep Time: 5 min



Cook Time: 20 min

1. Melt butter over medium high heat in a large skillet. Sauté garlic for 2-3 minutes and deglaze pan with white wine.
2. Whisk butter and wine together and bring to a simmer cooking for 2-3 minutes.
3. Reduce heat to medium and add in lemon juice, lemon zest, half & half and spinach. Stir, cover and cook until spinach has wilted, slightly (about 5 minutes).
4. Carefully stir in Cameron's Jumbo Lump Crab Meat, being careful not to break up the lumps.
5. Cover and cook for an additional 5 minutes or until the crab meat is hot.
6. Season with salt and pepper and toss mixture with cooked noodles. Serve your creamy lemon garlic crab pasta hot and sprinkled with shredded parmesan and chopped basil.



Panzanella Crab Salad

With Citrus Dressing

It's nice to eat some lighter food from time to time, but that doesn't mean you need to skimp on flavor. Our crab salad packs a flavor punch while also delivering some great vitamins and minerals.

Ingredients

- 1 cup Cameron's lump Maryland crab meat
- 5 cups greens (we used a baby greens spring mix, but you can use any greens)
- 1 avocado, pitted, peeled, and diced
- 1 small container of cherry tomatoes, halved
- 1/2 cucumber, halved and sliced
- Small handful of green beans, cut into thirds
- 3 thick slices of Italian bread
- juice and zest of half a lemon

Citrus dressing

- 1/4 cup olive oil
- 2 tbsp apple cider vinegar (can use regular vinegar if you don't have apple cider vinegar)
- 2 tbsp mayo
- 1/2 tsp dijon mustard
- dash of salt and pepper



Servings: 2



Prep Time: 30 min



Cook Time: 10 min

1. On high heat, grill the slices of Italian bread until they are well browned on both sides. Cut them into large squares and place them back in the pan, but turn the heat off. The residual heat will crisp your big croutons. Let them hang out in the pan until needed.
2. Boil a small pot of water and cook your green beans for 2-3 minutes, just until they are bright green. Take them out of the pot and shock them in a bowl of ice water. This will stop the cooking and ensure that your beans stay crunchy.
3. Make dressing by combining all the ingredients in a small bowl and whisking well. Set aside until needed.
4. In a medium bowl combine 2/3 of your dressing with the greens and your croutons. Let them hang out for a few minutes so the bread absorbs just a little bit of the dressing. In another medium bowl combine the cherry tomato halves, cucumber slices, and green bean third with the rest of the dressing.
5. Divide the greens and croutons on to 2 big plates or 4 small plates. Place the cherry tomatoes, cucumbers, and green beans on top of your greens and croutons, then top with the diced avocado and Cameron's Lump Maryland Crab Meat. Now your salad is ready to eat!



Crab Meat Quiche

Our crab quiche recipe is delicious and reminds one of a creamy crab dip. The delicate crab flavor is a perfect pairing for the eggs and caramelized onions.

Ingredients

- 1 9-inch pie shell
- 1 and 1/2 cups Cameron's Seafood Lump Maryland Crab Meat
- 1/3 cup cream cheese
- 1/2 of a large onion, sliced thinly
- 7 large eggs
- 1/3 cup milk
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1/4 tsp cayenne



Servings: 4



Prep Time: 10 min



Cook Time: 60 min

1. First you want to preheat your oven to 375 degrees.
2. Heat a medium pan over high heat with 2 tbsp of oil. Once the pan is very hot, put your onions in and stir every minute. Once your onions are a deep golden brown, take them off the heat and set aside until needed.
3. In a mixing bowl, whisk together your eggs, milk, salt, pepper, garlic powder, oregano, thyme, and cayenne. Set it aside for a moment.
4. Take your pie shell and dot it with teaspoons of your 1/3 cup cream cheese until the bottom of your shell is mostly covered. Top this with your sauteed onions and Cameron's Lump Maryland Crab Meat, and then pour your egg mixture over top. Place your crabmeat quiche in the oven and bake it for about 30 minutes.
5. There should be no jiggling of the egg mixture when you give your quiche a little shake. Keep an eye on your quiche after 25 minutes though, you also don't want to over-bake it.



Crab Meat Casserole

Nothing says warm and comforting better than a creamy and delicious crab meat casserole. This is a great and easy meal that your family is sure to love. Let's get cooking!

Ingredients

- 1 lb Cameron's Lump Maryland Crab Meat
- 2 cups uncooked broad egg noodle pasta
- 1½ tbsp cooking oil
- 6 large mushrooms sliced
- ½ green pepper diced
- 1 can condensed cream of mushroom soup
- ½ cup milk
- 2 cups shredded monterray jack cheese
- 1 clove garlic minced
- ½ tsp thyme
- ½ tsp oregano
- ¼ tsp cayenne
- ¼ tsp salt
- ¼ tsp pepper
- 4 slices white bread
- ¼ cup butter melted
- 1 cup arugula
- ¼ lime juiced
- 2 tbsp olive oil



Servings: 4



Prep Time: 10 min



Cook Time: 40 min

1. Preheat your oven to 350 degrees.
2. Cook the 2 cups of egg noodles according to package directions. Set aside until needed.
3. In a medium sauce pan, heat the 1½ tbsp of oil and then cook mushrooms until golden brown, about 5 minutes. Take the pan off the heat and add the Lump Maryland Crab Meat, cream of mushroom soup, milk, diced green pepper, minced garlic, 1½ cups of the jack cheese, thyme, oregano, cayenne, salt, and pepper. Mix them all together.
4. Put the cooked egg noodles into a casserole dish and pour the crab mixture over them and toss it all together.
5. Cut the white bread into small squares and toss them in the butter. Top the crab meat casserole with the remaining ½ cup of jack cheese and then put the bread cubes tossed in butter on top of this.
6. Bake in the oven until the bread cubes become golden brown, 25-30 minutes.
7. Toss your arugula with the lime juice and olive oil. Spoon your crab meat casserole onto plates and top with the dressed arugula.
8. The citrus in the dressing helps to cut through the creaminess of the crab meat casserole so that it doesn't feel too heavy. Dinner is served!



Blackened Tilapia Fish Tacos

Today we are going to share with you an easy recipe for tilapia fish tacos. This tilapia recipe features a blackening spice and is filled with bright flavors and delicious vegetables.

Ingredients

- 2 lbs Cameron's Tilapia Fillets
- 2 cups shredded lettuce
- 1 tomato diced
- 3 green onions thinly sliced
- 2 avocados: halved seeded, and sliced
- 1 cup sour cream
- 1/4 cup cilantro leaves
- 1 lime halved
- 8 small white flour tortillas
- 2 tsp cumin
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cayenne
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp black pepper
- 1 tsp salt



Servings: 4



Prep Time: 20 min



Cook Time: 26 min

1. Combine the ingredients for the blackening rub (cumin, paprika, garlic powder, onion powder, cayenne, oregano, thyme, salt & pepper) in a small bowl and then coat your tilapia with it. You may not need all of the rub, but make sure your fish is well coated. Let the rub sit on the fish and marinate while you make your cilantro sour cream.
2. Combine the sour cream and cilantro leaves in a blender or food processor and blend until you see small specks of cilantro in the sour cream. Set aside until needed.
3. Pour 2 tbsp of cooking oil into a skillet or cast iron pan and heat over medium heat until quite hot. Sear your fish until it is as black and crisp as you would like it, making sure to cook the fish for about 2-3 minutes on each side. If you have thick fillets, you may need to cook them a bit longer with the heat turned down slightly. When your fish is flaky, it is ready to put in your tacos.
4. Warm your tortillas in a frying pan over medium heat just until they're warm to the touch. Divide your blackened tilapia among the 8 tortillas and top the fish with the shredded lettuce, diced tomatoes, sliced avocado, and thinly sliced green onions. Drizzle with your cilantro sour cream and a squeeze of lime juice and dinner is ready!



Crab Stuffed Chicken

Crab stuffed chicken breasts with white wine sauce is a great main dish for any day of the week. Cameron's fresh lump crab meat is the perfect crab to use for the filling in this recipe.

Ingredients

- ½ lb Cameron's Lump Maryland Crab Meat
- 3 large boneless, skinless chicken breasts
- 4 oz cream cheese
- 5 tbsp butter
- 1 clove garlic, minced
- ¼ tsp dried dill
- ¼ tsp dried basil
- ½ tsp dried parsley
- ¼ tsp dried thyme
- ¾ tsp salt
- ¾ tsp black pepper
- 1 cup flour
- 2 eggs
- 1¼ cups panko bread crumbs or Italian style bread crumbs
- ¼ cup white wine
- 1 cup heavy cream
- ½ cup fresh Parmigiano-Reggiano cheese, grated



Servings: 6



Prep Time: 35 min



Cook Time: 35 min

1. Preheat your oven to 350 degrees Fahrenheit.
2. In a small mixing bowl combine the cream cheese, 2 tbsp butter, garlic, dill, basil, parsley, thyme, ¼ tsp salt, and ¼ tsp black pepper. Carefully fold in the crab meat.
3. Slice the 3 chicken breasts in half, widthwise, so you have two chunky halves. Place a chicken breast half on a plastic cutting board and cover it with plastic wrap. Tenderize the chicken with a meat tenderizer until it reaches half of its original thickness.
4. Divide the crab mixture into 6 portions. Transfer a flattened piece of chicken back to your plastic cutting board. Set one portion of the crab mixture in the middle of the chicken breast and roll the chicken around the mixture.
5. Pour the flour onto a small plate and season it with the ½ tsp of salt and ½ tsp of black pepper. In a small bowl, whisk two eggs with a splash of water. Dredge the chicken breasts in the flour and then dip it in the egg mixture and place it into the bread crumbs.
6. Lightly grease a baking sheet or large cast iron skillet with oil, and begin searing your crab-stuffed chicken breasts. Cook them in the oven for about 35 minutes until the bread crumbs are nicely browned and the chicken is cooked through.
7. While the chicken is cooking, bring the white wine to a boil in a heavy bottomed sauce pan. Reduce the heat and add in the heavy cream and 3 tbsp of butter. Simmer the mixture over low heat until about a third of the liquid has evaporated. Mix in the Parmigiano-Reggiano cheese and let the sauce sit over a low heat until you are ready to serve the chicken.



Soft Shell Crabs & Waffles

Chicken & waffles are a quintessential part of southern cuisine. To make it our own, we've decided to make soft shell crab & waffles for a unique Maryland-inspired twist.

Ingredients

Waffles

- 1 cup flour
- 1 cup yellow cornmeal
- 1 tbsp baking powder
- 1 tbsp brown sugar
- ½ tsp salt
- ½ tsp black pepper
- 2 cups milk
- 2 eggs beaten
- ¼ cup butter, melted

Deep Fried Soft Shell Crabs

- 4 Cameron's Maryland soft shell crabs thawed
- 1 egg
- ½ cup milk
- 1 cup all-purpose flour
- ½ tsp cayenne pepper
- ½ tsp salt
- ½ tsp pepper
- Cooking oil

Maple Spread

- 1 cup mayonnaise
- ¼ cup maple syrup
- 2 tsp Dijon mustard



Servings: 4



Prep Time: 20 min



Cook Time: 30 min

1. For the waffles, mix together the flour, yellow cornmeal, baking powder, sugar, salt, and pepper in a large bowl. Whisk in the milk, eggs, and melted butter until the batter is mostly smooth. Let the batter sit while you preheat your waffle maker.
2. In the meantime, start cooking your soft shell crabs. In a medium sized bowl, whisk the egg and milk together. In another medium sized bowl, combine the flour, cayenne, salt, and pepper.
3. Dip each crab into the flour mixture, then into the egg and milk mixture, and then back into the flour mixture. Shake off any extra flour. Set the crabs aside until your oil is hot.
4. In a medium sized pot, heat 3 inches of oil to 365 degrees Fahrenheit. Depending on the size of your pot, fry the soft shell crabs 1 or 2 at a time for 2 minutes per side or until golden and cooked through. Place on a cooling rack so they don't get soggy.
5. Stir the mayonnaise, maple syrup and Dijon mustard together in a small bowl.
6. Take 4 plates and place 2-4 waffle pieces on each plate. Spoon some of the maple spread onto each waffle and top them with 1 soft shell crab per plate. If you like your savoury waffles a bit sweeter, you can drizzle some more maple syrup over the plates.



Jumbo Lump Crab Melt

The iconic deli or classic diner spread-the melt, open-faced or smushed in between two slices of buttery grid-dled bread. You often see patty melts and tuna melts dotting these dive menus but what about a crab melt? Missed opportunity if you ask me.

Ingredients

Crab Salad

- 2 1/2 tablespoons mayonnaise
- 2 teaspoons dijon mustard
- 1 teaspoon lemon juice
- 1 1/2 teaspoons Old Bay Seafood Seasoning
- 1 teaspoon fresh chives chopped
- 1 lb. Cameron's Seafood Jumbo Lump Crab Meat drained
- 4 tablespoons salted butter softened
- 4 thick slices sourdough bread

Toppings:

- 4 thick slices heirloom tomatoes
- 2 slices good deli style cheddar cheese
- 2 slices good deli style swiss cheese
- 1 dill pickle thinly sliced (optional)



Servings: 2



Prep Time: 5 min



Cook Time: 6 min

1. In a medium bowl whisk together mayonnaise, mustard, lemon juice, old bay and chives until smooth.
2. Carefully fold in jumbo lump crab meat until completely coated. Refrigerate until ready to assemble the sandwiches.
3. Spread butter on one side of each slice of sourdough. Heat a large skillet over medium heat and place 2 slices of bread, butter side down.
4. Top bread evenly with crab mixture, tomato slices, cheddar, swiss and pickles. Top with remaining bread slices, butter side up.
5. Toast sandwiches for 2-3 minutes per side or until bread is toasted golden brown and cheese has melted. Slice sandwiches and serve.
6. Tip: If you have leftover waffles, warm them in your toaster or toaster oven and serve them the next day for breakfast with some butter and maple syrup.