



Crab Foo Young

Ingredients

- 8 eggs
- 1 small onion, finely chopped
- 1 cup finely shredded cabbage or bean sprouts (or combo)
- 1 teaspoon salt
- 2 teaspoons soy sauce
- 1 teaspoon Sriracha
- ½ teaspoon sesame oil
- 1 pound Maryland lump crabmeat, picked over for shells
- 4 tablespoons canola or vegetable oil

Directions

- Break the eggs into a large bowl and whisk until well blended. Stir in the onion, cabbage/bean sprouts, salt, soy sauce, Sriracha, and sesame oil. Add the crabmeat and gently mix well. Add the oil to a skillet and swirl pan to coat the bottom and sides.
- Pour in the crab-egg mixture. Cook over medium heat until the bottom is browned and the mixture is nearly set.
- Using two spatulas, turn the “omelet” over carefully and cook on the other side until lightly browned. To serve, transfer to a platter and cut into 6 pieces.
- Top with Spicy Ginger Sauce and serve with white rice on the side, if desired.



Spicy Citrus Ginger Sauce

Ingredients

- 1 ½ cups freshly squeezed orange juice
- 1 tablespoon soy sauce
- 1 tablespoon Mirin rice wine or dry sherry
- 1 tablespoon sugar
- 2 tablespoons freshly grated ginger root
- 2 tablespoons cornstarch mixed with ⅓ cup cold water, to make a slurry

Directions

- Place the orange juice, soy sauce, rice wine, sugar, and ginger in a saucepan. Whisk in the cornstarch-slurry mix and cook over a medium heat until thickened, stirring frequently.