

Maryland Recipes

Maryland Crab Cakes

Ingredients:

2 large eggs
2 ½ tablespoons mayonnaise
1 ½ teaspoons Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
¼ teaspoon salt
¼ cup finely diced celery, from one stalk
2 tablespoons finely chopped fresh parsley
1 pound lump crab meat
½ cup panko breadcrumbs
Vegetable or canola oil, for cooking



Directions:

Line a baking sheet with aluminum foil. Combine the eggs, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley in a large bowl and mix well. Add the crab meat and panko; gently fold mixture together until just combined, being careful not to shred the crab meat.

Shape into 6 crab cakes (about ½ cup each) and place on prepared baking sheet. Cover and refrigerate for at least 1 hour.

Preheat a large nonstick pan to medium heat and coat with canola oil. When oil is hot, place crab cakes in pan and cook until golden brown, about 3-5 minutes per side. Serve immediately with tartar sauce or a squeeze of lemon.

Oyster Stew

Ingredients:

1 cup butter
1 quart oysters, with liquid
½ teaspoon ground pepper
1 teaspoon salt
1 teaspoon celery salt
½ teaspoon onion powder
¼ teaspoon oregano leaves
2 quarts milk
1 quart half and half



Directions:

In 6-quart saucepan, melt butter. Add oysters with liquid and the next 5 ingredients. Simmer 5 minutes, stirring occasionally. Stir in milk and cream. Heat slowly. Do not let stew boil

Smith Island Cake

Ingredients:

For the cake:

8 ounces (2 sticks) unsalted butter, cut into chunks, plus more for greasing pans
3 cups flour
¼ teaspoon salt
1 heaping teaspoon baking powder
2 cups sugar
5 large eggs
1 cup evaporated milk
1 teaspoon vanilla extract
½ cup water



For the icing:

2 cups sugar
1 cup evaporated milk
5 ounces unsweetened chocolate, chopped
4 ounces (1 stick) unsalted butter
1 teaspoon vanilla extract

Directions:

For the cake: Preheat oven to 350° F. Use butter to lightly grease 10 (9") cake pans or use 2 or 3 cake pans at a time and re-grease them as needed.

Sift together the flour, salt, and baking powder. Combine the butter and sugar in the bowl of a stand mixer or hand-held electric mixer; beat on medium speed until light and creamy. Add the eggs one at a time; beat until smooth. Reduce the speed to low and add the sifted dry ingredients 1 cup at a time; beat until incorporated. Still on low speed, add the evaporated milk, and then the vanilla and water, beating until well combined.

Place 3 serving spoonfuls of batter in each of the cake pans (about $\frac{2}{3}$ cup); use the back of the spoon to spread it evenly. Bake 2 or 3 layers at a time on the middle oven rack for 8 to 9 minutes.

While the cakes are baking, make the icing: Combine the sugar and evaporated milk in a medium saucepan over medium-low heat. Add the chocolate and butter; warm through, stirring, until both have melted. Increase the heat to medium and cook, stirring occasionally, for 10 to 15 minutes. Remove from the heat and add the vanilla extract, stirring to combine. The icing will be thin but will thicken as it cools.

As the cake layers are done, run a spatula around the edge of the pan and ease out the layers. Let them cool. Place the bottom layer on a cake plate; spread 2 or 3 spoonfuls of icing on each layer. Cover the top and sides of the cake with the remaining icing.

Root Beer Freeze

Ingredients:

3 cups vanilla ice cream
1 cup root beer
½ teaspoon root beer extract



Directions:

Put all ingredients in a blender and mix. Serve in chilled mug.

Old Bay Cheddar Biscuits

Ingredients:

Topping:

⅓ cup butter, melted
¼ teaspoon salt
¼ teaspoon OLD BAY® seasoning
¼ teaspoon garlic powder
¼ teaspoon parsley flakes



Biscuits:

2 cups Original Bisquick™ mix
¾ cup milk
¼ cup butter, melted
½ cup shredded Cheddar cheese

Directions:

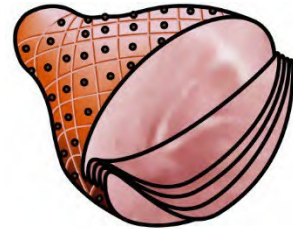
Heat oven to 425° F. In small bowl, stir together topping ingredients; set aside. In medium bowl, stir Biscuit ingredients until soft dough forms. Drop dough by 8 spoonfuls onto ungreased cookie sheet.

Bake 16 to 18 minutes or until biscuits are golden brown. Immediately brush hot biscuits with Topping. Serve warm.

Southern Maryland Stuffed Ham

Ingredients:

- 1 corned ham (10 - 12 pounds), boned
- 1 ¾ pounds onions
- 1 ½ pounds cabbage
- 4 pounds kale
- 2 tablespoons black pepper
- 2 ½ tablespoons salt
- 2 tablespoons ground red pepper
- 1 tablespoon dry mustard seed
- 1 tablespoon crushed red pepper



Directions:

With a sharp knife, cut 8 to 10 pockets vertically through the top of the ham. Chop onions, cabbage, and kale. Mix vegetables with remaining ingredients. Stuff "pockets" with vegetable mixture. Fill with as much as possible and put remaining stuffing on top of ham.

Put ham on a large piece of cheesecloth. Tie the cloth around the ham tightly, to keep dressing in place. Cook 20 minutes per pound of ham.

To cook, place ham in a large covered pan on a rack, covering the ham with water. The rack is so the ham will not stick while cooking. Cover with lid, cook as specified, remove from water to cool. Serve cold.

Maryland Fried Chicken

Ingredients:

1 ½ - 3 pounds chicken pieces

½ cup flour

1 teaspoon salt

½ teaspoon paprika

¼ teaspoon black pepper

2 eggs

1 tablespoon water

2 cups breadcrumbs

Oil



Directions:

Wash chicken. Pat dry. Mix flour, salt, paprika and pepper. Coat chicken in flour mixture. Dip in beaten egg/water mixture and then dip into breadcrumbs.

Cook over medium heat in skillet with ½" to ¾" inch oil, 15 to 20 minutes or until light brown. Reduce heat, cover tightly. Simmer 20-40 minutes. Turn once or twice for even cooking. Remove lid last 5 minutes for crisp chicken.