

COOKING DIRECTIONS:

Gluten Free Crab Cake

Bake at 350°F for 20 – 25 minutes. Slide under broiler for 1 - 2 minutes to make it golden brown.
OR

Defrost and sauté in a little bit of oil or butter for 3 – 5 minutes each side at medium to high heat.

Jumbo Lump Crab Cake & Crab Imperial Crab Cake & Lobster Patty

Bake at 350°F for 20 – 25 minutes. Slide under broiler for 1 - 2 minutes to make it golden brown.
OR

Defrost and sauté in a little bit of oil or butter for 3 – 5 minutes each side at medium to high heat.

Breaded Jumbo Lump Crab Cake & Crab Imperial Crab Cake & Lobster Patty

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes until golden brown.

Calamari

Deep fry at 350°F until they are golden brown. Shouldn't take longer than 2 - 4 minutes.

Deviled Clam (Stuffed Clam) & Clams Casino

Bake at 350°F for 20 – 25 minutes.

Deviled Clam Breaded

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes.

Coconut Shrimp

Deep fry at 350°F until they float and the flakes are golden brown.

OR

Sauté in oil at high heat for 3 -5 minutes on each side and until golden brown.

Oysters

Deep fry at 350°F until you hear them sizzle. Should be around 3 – 5 minutes.

OR

Sauté in oil at high heat for 3 -5 minutes on each side and until golden brown.

Crab Balls

Deep fry at 350°F for 4 – 6 minutes and until they are golden brown. Shake the basket from time to time to make sure they don't stick together.

OR

If purchased pre-browned, bake at 350°F for 15 – 20 minutes.

Butterfly Shrimp, Westerns and Popcorn Shrimp

Deep fry at 350°F for 3 -5 minutes and until golden brown.

OR

Saute in oil at medium to high heat until golden brown and cooked throughout.

Clam Strips

Deep fry at 350°F for 2 -4 minutes and until golden brown.

OR

Sauté in oil at medium to high heat until golden brown and cooked throughout.

Stuffed Flounders

Bake at 350°F for 20 – 25 minutes. Brush with oil or butter or spray with PAM.

Stuffed Flounder Breaded

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes.

Stuffed Shrimp Breaded

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes.

Scallops & Medallions

Deep fry at 350°F for 3 – 5 minutes and until golden brown.

OR

Sauté in oil at medium to high heat until golden brown and cooked throughout.

Stuffed Mushroom Breaded

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes.

Stuffed Mushroom

Bake at 350°F for 20 – 25 minutes.

Breaded Flounder & Tilapia

If frozen, deep fry at 350°F until golden brown and then finish in oven.

OR

If defrosted, deep fry at 350°F for 5 – 7 minutes.

OR

If defrosted, sauté in oil or butter over medium to high heat for 3 – 5 minutes on each side and cooked throughout.