

The
Wellwood
an experience for every taste



COOKING INSTRUCTIONS

Pre-Heat oven to 350 degrees

REMOVE ALL PACKAGING AND/OR WRAPPING FROM CRAB CAKES

Crab Cakes: Remove the crab cakes from the packaging and form into six, 5 oz cakes or eighteen mini cakes or crab balls. Place on baking pan. *Optional: add a splash of water or small amount of butter on the pan before placing the crab cakes to prevent burning or sticking.* Place pan with crab cakes in your preheated oven for approximately 20 minutes or until the crab cakes are a golden brown on top, firm and an internal temperature of 160 degrees F is reached. Using pot-holders, remove from the oven and let set for about 5 minutes before serving.

Crab Cakes must be cooked within 72 hours of receipt.
We do not recommend freezing this product.

For further instructions call The Wellwood
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