

Crab Imperial III

Totland College Nursery School - Braintree, MA (1978)

Servings: 4

*1 pound backfin crabmeat
1 tablespoon butter or
margarine
1 tablespoon flour
1/2 cup milk
2 slices white bread, crusts
removed and cubed
1/2 cup mayonnaise
1 tablespoon lemon juice
1 teaspoon dried minced
onion
1 1/2 teaspoons
Worcestershire sauce
1/2 teaspoon salt
few dashes pepper
2 tablespoons butter or
margarine
paprika (for sprinkling)*

Preheat the oven to 450 degrees.

Remove all of the cartilage from the crabmeat.

In a medium pan, melt the butter. Mix in the flour. Slowly add the milk, stirring constantly to keep the mixture smooth and free of lumps. Cook, stirring, over medium heat until the mixture comes to a boil and thickens. Mix in the onion, Worcestershire sauce and bread cubes. Cool.

Fold in the mayonnaise, lemon juice, salt and pepper. Combine with the sauce mixture.

In another pan, melt the butter until lightly browned. Add the crabmeat and toss lightly. Place the mixture into individual shells or ramekins (or a greased one-quart casserole). Sprinkle paprika over the top.

Bake until hot and bubbly and lightly browned on top, 10 to 15 minutes.

Per Serving (excluding unknown items): 284 Calories; 28g Fat (83.5% calories from fat); 3g Protein; 10g Carbohydrate; trace Dietary Fiber; 22mg Cholesterol; 553mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.