
Crab Newburg

Leny sanders - Marshall Field's Hawthorn Center

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

4 tablespoons butter
1 whole shallot, finely chopped
1 small red bell pepper, cut into small pieces
4 tablespoons all-purpose flour
1 cup warm fish bouillon
1/4 cup dry sherry
1 1/2 cups (10 medium) sliced mushrooms
1 pound crab meat
1/2 cup half-and-half
fresh breadcrumbs
grated Parmesan cheese (optional)

Melt the butter in a large pan (do not brown). Saute' the shallot and red pepper. Add the flour and stir in the fish bouillon and sherry. Simmer for 4 to 5 minutes.

Add the mushrooms and simmer for 5 minutes more. Add the crabmeat and half-and-half (do not boil, just heat).

Spoon into individual shell dishes. Sprinkle with breadcrumbs and Parmesan cheese.

Place under the broiler until the breadcrumbs are light brown.

Seafood

Per Serving (excluding unknown items): 1104 Calories; 53g Fat (45.9% calories from fat); 100g Protein; 39g Carbohydrate; 4g Dietary Fiber; 528mg Cholesterol; 1994mg Sodium. Exchanges: 1 1/2 Grain(Starch); 12 1/2 Lean Meat; 2 1/2 Vegetable; 9 Fat.