
Imperial Crab II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

2 tablespoons butter
1 small onion, chopped fine
1/2 pound fresh mushrooms, sliced
2 tablespoons flour
1 1/2 cups half-and-half
2 egg yolks
1 pound crabmeat
1 tablespoon chopped parsley
1 teaspoon paprika
dash red pepper
dash black pepper
dash salt
bread crumbs
butter

In a saucepan, melt the butter. Add the chopped onion and sliced mushrooms. Saute'. Add the flour and stir until smooth.

In a bowl, stir the egg yolks. Add the half-and-half and mix well. Add the mixture to the mushrooms and onion. Stir until thick. Simmer for 5 minutes. Add the crabmeat and cook for 10 minutes. Remove from the heat. Add the parsley, paprika, red pepper, black pepper and salt.

When cool, fill eight medium-sized crab shells piled high or place the mixture in a one-quart casserole. Sprinkle the bread crumbs on top and dot with butter.

Bake at 350 degrees for 30 minutes or until brown.

Seafood

Per Serving (excluding unknown items): 110 Calories; 5g Fat (40.8% calories from fat); 12g Protein; 4g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 199mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.