

King Crab Augratin

Mrs Charles F Hartman

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*2 packages (6 ounce ea)
frozen King Crab, defrosted
and drained
3 tablespoons butter,
softened
1 cup milk
1/2 cup chicken broth
1 can (4 ounce)
mushrooms, sliced and
drained
1/4 teaspoon paprika
3 tablespoons flour
1/2 cup light cream
3/4 cup shredded sharp
cheese
1 teaspoon salt
2 tablespoons white wine
2 tablespoons grated onion
1/4 cup fine dry bread
crumbs*

Preheat the oven to 400 degrees.

In a saucepan, melt the butter. Stir in the milk, cream and broth. Cook, stirring constantly, over low heat until smooth and thick. Add the cheese, mushrooms, onion, salt, paprika and wine.

Stir in chunks of crab. Pour the mixture into a well greased casserole dish. Sprinkle bread crumbs on the top.

Bake for 10 to 15 minutes until golden brown.

Serve hot over cooked rice.

Per Serving (excluding unknown items): 138 Calories; 11g Fat (73.5% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 34mg Cholesterol; 506mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.