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# Crab Souffle`

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**1 small onion, finely chopped**  
**5 tablespoons butter**  
**3 tablespoons flour**  
**3 tablespoons tomato paste**  
**1/2 cup cream**  
**1 teaspoon salt**  
**1/2 teaspoon freshly ground pepper**  
**dash Tabasco sauce**  
**1/4 teaspoon tarragon**  
**2/3 tablespoon cognac**  
**4 egg yolks**  
**6 egg whites**  
**1/4 teaspoon cream of tartar**  
**1 pound crabmeat, flaked**

In a skillet, saute' the onion in butter until soft. Add the flour and stir. Add the tomato paste and cream. Stir until smooth. Add the seasonings including the cognac. Cool slightly.

In a bowl, beat the egg yolks until thick and lemon coloured. Add a little of the hot mixture to the egg yolks, then stir into the remaining hot mixture. Beat the egg whites with the cream of tartar until firm but not dry. Fold into the mixture.

Lightly butter a 1-1/2 quart souffle' dish. Place a layer of crabmeat on the bottom. Add 1/3 of the souffle' mixture, then another layer of crabmeat and the remaining souffle' mixture.

Place on a rack in the middle of a 400 degree oven and immediately reduce the heat to 375 degrees. Bake for 30 minutes or until a knife inserted in the center comes out clean.

Yield: 4 to 5 servings

## **Seafood**

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*Per Serving (excluding unknown items): 1727 Calories; 113g Fat (60.1% calories from fat); 123g Protein; 46g Carbohydrate; 5g Dietary Fiber; 1464mg Cholesterol; 4842mg Sodium. Exchanges: 1 Grain(Starch); 15 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 20 1/2 Fat.*