
Crab Puffs (Hot)

Windsor Family Cookbook

Windsor Vineyards, Windsor CA

1/4 cup mayonnaise

2 cups crabmeat, cooked and flaked

1 tablespoon green onions, finely chopped

1/2 teaspoon cayenne pepper

2 1/2 tablespoons lemon juice

salt

2 egg whites

48 1-1/2 inch rounds of bread, toasted

You can toast the bread rounds in advance and keep in a tightly closed container until you are ready to assemble the hors d'oeuvre. You can use San Francisco sourdough bread, but any kind of good French bread will do as well.

Prepare the crab mixture: In a bowl, combine the mayonnaise, crabmeat, green onions, cayenne pepper and lemon juice. Salt to taste.

In a bowl, beat the egg whites until stiff. Gently fold in the crab mixture. (The crab mixture should not be prepared until just prior to service or it will lose its lightness.)

When ready to serve, heat the broiler. Place the bread crumbs on an ungreased cookie sheet. Place a teaspoon of the crab mixture on each of the bread rounds. Broil until lightly browned.

Serve immediately.

Yield: 48 puffs

Appetizers

Per Serving (excluding unknown items): 677 Calories; 50g Fat (64.5% calories from fat); 57g Protein; 5g Carbohydrate; 1g Dietary Fiber; 230mg Cholesterol; 1215mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.