
Crab Norfolk (Hot)

Janet Hall Eubank

Party Recipes from the Charleston Junior League - 1993

3 tablespoons butter
2 tablespoons unbleached all-purpose flour
1/2 cup chicken stock
1/2 cup light cream
1/4 cup onion, finely chopped
1/4 cup celery, finely chopped
1 cup fresh crabmeat, picked over and shells discarded
3/4 pound Virginia ham, cut in 1/2 inch julienne
salt (to taste)
freshly ground pepper (to taste)
1/8 teaspoon cayenne pepper

Melt two tablespoons of the butter in a medium-size saucepan with a heavy bottom over low heat. Add the flour, stirring until blended. Cook for 2 or 3 minutes. Whisk in the stock and cream. Cook for another 2 minutes.

Melt the remaining teaspoon of butter in another saucepan. Saute' the onion and celery over low heat until they are tender, about 6 minutes (do not brown). Add the crabmeat, ham, salt, pepper and cayenne. Continue cooking, stirring, until they are heated through, about 3 minutes.

Add the crabmeat mixture to the cream sauce. Bring to a boil, stirring constantly.

Serve in a chafing dish accompanied by crackers.

Yield: 8 to 10 servings

Appetizers

Per Serving (excluding unknown items): 571 Calories; 58g Fat (90.1% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 172mg Cholesterol; 1500mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.