

# Barb`s Crab Puffs

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## **Yield: 4 1/2 dozen**

*1 can (6 ounce) crab meat,  
drained and flaked  
1/2 cup (2 ounces)  
shredded sharp cheddar  
cheese  
3 green onions, chopped  
1 teaspoon dry mustard  
1 teaspoon Worcestershire  
sauce  
1 cup water  
1/2 cup butter or margarine  
1/4 teaspoon salt  
1 cup all-purpose flour  
4 eggs*

## **Preparation Time: 45 minutes**

### **Bake Time: 25 minutes**

In a bowl, combine the crab meat, cheddar cheese, green onions, mustard and Worcestershire sauce. Stir well. Set aside.

In a medium saucepan, combine the water, butter and salt. Bring the mixture to a boil. Reduce the heat to low. Add the flour and stir vigorously until the mixture leaves the side of the pan and forms a smooth ball. Remove the sauce from the heat and allow the mixture to cool slightly.

Add the eggs, one at a time, beating with a wooden spoon after each addition. Beat until the batter is smooth. Add the crab mixture and stir well. Drop by heaping teaspoons onto ungreased baking sheets.

Bake at 400 degrees for 15 minutes. Reduce the heat to 350 degrees and bake an additional 10 minutes.

Serve the puffs warm.

To freeze before baking: Cover the baking sheets with aluminum foil before dropping the batter on them. Place unbaked puffs on sheets in the freezer until hard. Remove from the sheets and store in an airtight can in the freezer.

To serve the unbaked from the freezer: Remove from the freezer, bake frozen at 375 degrees for 35 minutes.

To freeze after baking: Place the puffs in an airtight can in the freezer.

To serve the baked from the freezer: Remove from the freezer and thaw completely. Bake at 350 degrees for 8 to 10 minutes.

(If you desire to use one pound of crab meat, just double the other ingredients. The additional crab meat really adds to the flavor.)

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Per Serving (excluding unknown items): 1951 Calories; 134g Fat (62.0% calories from fat); 82g Protein; 102g Carbohydrate; 5g Dietary Fiber; 1276mg Cholesterol; 2617mg Sodium. Exchanges: 6 1/2 Grain(Starch); 9 Lean Meat; 1/2 Vegetable; 22 1/2 Fat; 0 Other Carbohydrates.