
Crab Mornay

Donna Pringle - Dayton's Distribution Center

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 bunch green onions, chopped
1/2 cup butter
1/4 cup flour
1 pint half-and-half
8 ounces (2 cups) shredded Swiss cheese
2 tablespoons dry white wine
salt (to taste)
pepper (to taste)
cayenne pepper (to taste)
1 pound lump crab meat, flaked
Parmesan cheese (optional)

In a medium saucepan, saute' the green onions in butter until tender. Stir in the flour. Gradually add the cream, stirring until the sauce is smooth (Do Not Scorch).

Add the swiss cheese, wine and seasonings. Stir until the cheese is melted. Gently stir in the crab meat.

Spoon the mixture over wheat crackers or slices of cocktail bread. Sprinkle with Parmesan cheese.

(To serve as a main dish, decrease the flour to two tablespoons. Serve over cooked pasta or rice. four servings.)

Yield: 12 to 16 servings

Appetizers

Per Serving (excluding unknown items): 4361 Calories; 341g Fat (70.7% calories from fat); 262g Protein; 56g Carbohydrate; 1g Dietary Fiber; 1080mg Cholesterol; 3300mg Sodium. Exchanges: 1 1/2 Grain(Starch); 36 Lean Meat; 0 Vegetable; 45 1/2 Fat.