

Chesapeake Crab Imperial

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*1 pound fresh or frozen lump crabmeat
1/4 cup butter or margarine
2 tablespoons onion, finely chopped
1 tablespoon green pepper, finely chopped
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon celery salt
dash white pepper
1 cup milk or half-and-half
2 tablespoons sherry
dash tabasco sauce
1 egg
1 tablespoon parsley, chopped
1 pimiento, chopped
1/8 teaspoon grated orange rind
1 cup soft bread crumbs
2 tablespoons butter or margarine, melted
paprika*

Preheat the oven to 350 degrees.

Remove any shell or cartilage from the crabmeat being careful to keep the meat in large pieces.

In a large saucepan, melt the butter. Add the onion and green pepper. Cook over moderate heat until tender. Blend in the flour, salt, celery salt and pepper. Gradually add the milk and cook over low heat until thickened, stirring constantly. Remove from the heat and stir in the sherry and Tabasco.

In a medium-size bowl, beat the egg slightly. Gradually add the cream sauce to the beaten egg. Fold in the crabmeat, parsley, pimiento and orange rind. Spoon the mixture into six well buttered crab shells or custard cups.

In a bowl, toss the bread crumbs and melted butter together and sprinkle over the crabmeat. Sprinkle with paprika.

Bake for 20 to 25 minutes or until the crumbs are lightly browned.

Three 6-1/2 ounce cans of white crabmeat, well drained, may be substituted for fresh or frozen crabmeat in this very good recipe. If you do so, please reduce the salt to 3/4 teaspoon.

Per Serving (excluding unknown items): 153 Calories; 13g Fat (76.1% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 480mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.