

Crab Croquettes with Shrimp Sauce

Susan Delehanty

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Yield: 6 croquettes

CRAB CROQUETTES

2 cups lump crabmeat

1 1/4 cups Ritz cracker crumbs

2 eggs, hard-boiled and chopped

2 tablespoons

Worcestershire sauce

2 tablespoons dry white

wine (optional)

2 tablespoons lemon juice

2 tablespoons cream of shrimp soup

3 tablespoons butter, melted

1 teaspoon prepared mustard

1/2 teaspoon salt

3 dashes hot pepper sauce

1 egg, beaten

oil (for deep frying)

SHRIMP SAUCE

1 can (10-3/4 ounce) cream of shrimp soup

1/2 soup can milk

2 tablespoons lemon juice

Make the shrimp sauce: In a small saucepan, heat together the soup, milk and two tablespoons of lemon juice until heated through. Keep warm.

In a large bowl, mix together the crabmeat, cracker crumbs, eggs, Worcestershire, wine, cream of shrimp soup, butter, mustard, salt and pepper sauce.

Shape the mixture into three-inch croquettes, roll in the beaten egg and fry in deep fat until brown. Drain.

Serve the warm Shrimp Sauce over the croquettes.

Per Serving (excluding unknown items): 982 Calories; 62g Fat (57.6% calories from fat); 76g Protein; 27g Carbohydrate; 1g Dietary Fiber; 976mg Cholesterol; 3979mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 10 Fat; 1/2 Other Carbohydrates.