

# Crab Imperial

Betty Vogt

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 4

*1 pound Maryland backfin  
crabmeat  
1 tablespoon flour  
1 teaspoon instant minced  
onion  
2 slices white bread, cubed  
1 tablespoon lemon juice  
2 tablespoons Old Bay  
seasoning  
1 tablespoon butter or  
margarine  
1/2 cup milk  
1 1/2 teaspoons  
Worcestershire sauce  
1/2 cup mayonnaise  
1/2 teaspoon salt  
2 tablespoons butter or  
margarine  
paprika (for sprinkling)*

## Cook Time: 15 minutes

Preheat the oven to 450 degrees.

Remove all cartilage from the crabmeat.

In a medium saucepan, melt the butter. Mix in the flour. Slowly add the milk, stirring constantly to keep the mixture smooth and free of lumps. Cook, stirring, over medium heat until the mixture comes to a boil and thickens.

Mix in the onion, Worcestershire sauce and bread cubes (crusts removed). Cool. Fold in the mayonnaise, lemon juice, Old Bay seasoning and salt.

In another pan, melt the butter until lightly browned. Add the crabmeat. Toss lightly. Combine with the sauce mixture. Place the mixture in individual ramekins or a greased one-quart casserole. Sprinkle paprika over the top.

Bake until hot and bubbly, 10 to 15 minutes.

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Per Serving (excluding unknown items): 335 Calories; 33g Fat (85.8% calories from fat); 3g Protein; 10g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 611mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.