

# Crab Puff

*Karli Higdon*

*Totland College Nursery School - Braintree, MA (1978)*

*1/2 pound crab meat  
2 tablespoons butter  
2 tablespoons flour  
1 cup hot milk  
1 teaspoon paprika  
3 eggs, separated  
1/2 cup mayonnaise  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup Cheddar cheese,  
shredded*

Preheat the oven to 400 degrees.

In a heavy saucepan over low heat, melt the butter. Blend in the flour. Cook for 1 minute.

Gradually add the milk. Cook over medium heat, stirring constantly, until thickened. Let cool.

In a bowl, lightly beat the egg yolks. Stir into the sauce. Fold in the mayonnaise. Add the crab meat, salt and pepper. Beat the egg whites until peaks form. Fold into the crab mixture. Sprinkle paprika over the mixture. Top with cheese. Turn the mixture into a 1-1/2 quart casserole dish.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 1881 Calories; 162g Fat (75.5% calories from fat); 91g Protein; 27g Carbohydrate; 1g Dietary Fiber; 1031mg Cholesterol; 3364mg Sodium. Exchanges: 1 Grain(Starch); 10 1/2 Lean Meat; 1 Non-Fat Milk; 17 1/2 Fat.