

Crab Stuffed Mushrooms

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

*6 large fresh mushrooms
with stems (1-1/2 to 2
inches)
2 tablespoons margarine
1 to 2 drops red pepper
sauce
1 tablespoon flour
2 tablespoons cream
1 tablespoon white wine or
vermouth
1 can (8 ounces) fresh
pasteurized crab meat,
drained
minced parsley
MORNAY SAUCE
3 tablespoons margarine
1 teaspoon onion, finely
chopped or grated
3 tablespoons flour
1 cup hot milk
1/4 cup Parmesan cheese,
grated
1 egg yolk, beaten
1 teaspoon minced parsley
salt (to taste)
pepper (to taste)*

Preheat the oven to 350 degrees.

Remove the stems from the mushrooms and chop. Saute' in melted margarine. Add the red pepper sauce. When tender, remove from the pan with a slotted spoon. Add flour to the fat in the pan and stir until bubbly.

Pour in the cream and wine. Blend. Flake the crab meat with a fork. Add the crab meat and stems to the pan. Blend. Stuff the cleaned mushroom caps with the mixture.

Bake until tender (but retain their shape) and the tops are lightly browned. Sprinkle with parsley. Serve with Mornay Sauce.

Make the Mornay Sauce: In a saucepan, saute' the onion lightly in melted margarine. Add the flour. Stir until blended. Add the milk and cook over low heat, stirring constantly, until hot and bubbly.

Add the cheese. Blend and cook until the cheese melts. Add a bit of the sauce to the beaten egg yolk, stirring constantly. Pour the egg yolk mixture into the sauce, beating briskly. Cook over low heat until the sauce becomes thick, but do not boil. Add the parsley and salt and pepper.

Per Serving (excluding unknown items): 996 Calories; 84g Fat (75.3% calories from fat); 24g Protein; 38g Carbohydrate; 1g Dietary Fiber; 288mg Cholesterol; 1178mg Sodium. Exchanges: Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 1 Fat.