
Crabmeat and Mushroom Au Gratin

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1/4 cup butter
1 green pepper, cut instrips
1 red pepper, cut in strips
1 pound mushrooms, sliced
1 tablespoon lemon juice
1/2 teaspoon salt
2 cups half-and-half
1 can (7 ounce) crabmeat (juice reserved), drained, boned and flaked
2 tablespoons butter, melted
3 tablespoons flour
1/4 cup grated Parmesan cheese

In a Dutch oven over medium heat, melt the butter. Add the peppers and mushrooms. Cook for 2 to 3 minutes. Sprinkle with lemon juice and salt. Cook for 3 minutes, stirring or tossing occasionally.

Add the half-and-half and the reserved crabmeat liquid. Bring to a boil.

In a bowl, combine two tablespoons of melted butter and flour; blend until smooth. Add the crabmeat and simmer for 1 to 2 minutes or until the crabmeat is heated through. Add to the pepper and mushroom mixture. Add additional salt and pepper to taste.

Divide the mixture among six crab serving shells or ramekins or turn the mixture into a one-quart shallow baking dish. Sprinkle with Parmesan cheese.

Place the shells on a cookie sheet for easy handling. Place the cookie sheet under a preheated broiler. Broil until the cheese is golden brown.

(A great dish to serve to guests for dinner.)

Seafood

Per Serving (excluding unknown items): 161 Calories; 13g Fat (69.0% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat.