

Deviled Crab

Velma Snyder

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*2 cups crab meat
1/2 cup scalded milk
1/3 cup butter, melted
2 eggs, well beaten
1 teaspoon salt
2 teaspoons Worcestershire sauce
1 tablespoon green bell pepper, minced
1 tablespoon parsley, chopped
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1 cup soft bread crumbs
2 tablespoons butter, melted*

Preheat the oven to 375 degrees.

In a bowl, combine the crab meat, milk, 1/3 cup of butter, eggs, salt, Worcestershire sauce, green pepper, parsley, dry mustard and paprika. Mix well. Spoon into a greased baking dish.

Top with a mixture of bread crumbs and two tablespoons of butter.

Bake for 20 minutes or until golden brown.

Per Serving (excluding unknown items): 323 Calories; 25g Fat (69.0% calories from fat); 18g Protein; 7g Carbohydrate; trace Dietary Fiber; 223mg Cholesterol; 1091mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.