

Crab Meat au Gratin

By Pierre Franey

Total Time 25 minutes

Rating  (46)

INGREDIENTS

Yield: 4 servings

3 tablespoons unsalted butter

2 tablespoons all-purpose flour

1½ cups milk

1 pinch cayenne pepper

¼ teaspoon freshly grated nutmeg

Salt and freshly ground white pepper to taste

¾ cup heavy cream

¼ cup dry sherry

1 egg yolk

4 tablespoons finely chopped shallots

1 pound fresh lump crab meat, shell and cartilage removed, if any

4 tablespoons freshly grated

Gruyere or Parmesan cheese

PREPARATION

Step 1

Preheat the broiler to high.

Step 2

Melt two tablespoons of the butter in a saucepan over medium heat. Add the flour and blend well. Do not brown. Add the milk and cook, stirring with a whisk, until blended and smooth. Season with cayenne pepper, nutmeg, salt and pepper.

Step 3

Add the cream, bring to a boil and simmer briefly about 3 to 4 minutes. Stir in half of the sherry, beat in the egg yolk well and remove from heat.

Step 4

Melt the remaining tablespoon of butter in a nonstick skillet over medium-high heat. Add the shallots and cook them briefly until wilted. Add the crab meat and cook briefly, stirring gently. Sprinkle with the remaining sherry.

Step 5

Spoon the crab meat into a baking dish and smooth over with a spatula. Cover with the hot sauce and spoon it over with a rubber spatula. Sprinkle with the cheese.

Step 6

Place the dish under the broiler until golden brown and bubbling hot.

Private Notes

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