

# Crab Meat au Gratin

By Pierre Franey

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**Total Time** 25 minutes

**Rating** ★★☆☆☆ (46)

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## INGREDIENTS

**Yield:** 4 servings

3 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
1½ cups milk  
1 pinch cayenne pepper  
⅛ 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

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## 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.

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**Private Notes**

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