

Mississippi Gulf Blue Crabmeat is covered with cheese and a creamy sherry sauce, and then baked to bubbly goodness.

TIME

30 minutes

SERVES

4

SEASON

spring, fall, winter

METHOD

bake

INGREDIENTS

- 16 oz Mississippi Gulf blue crabmeat (lump or claw), picked for shells
- 1 bunch green onions, chopped
- 1/2 bunch parsley, chopped
- 6 Tbsp butter, plus some for baking dish
- 3 Tbsp flour
- 1 1/2 cups half-and-half
- 3 Tbsp sherry
- 8 oz Swiss cheese, grated

DIRECTIONS

1. Preheat oven to 375 degrees and butter a small baking dish.
2. In a skillet over medium heat, sauté onions and parsley in butter.
3. Add flour and stir to remove any lumps, then add sherry.
4. Lower heat and gradually add half-and-half, stirring constantly until thick.
5. Remove from heat and reserve.
6. Spread crabmeat evenly in a baking dish.
7. Pour sauce over crabmeat.
8. Cover with cheese.
9. Bake for 10-15 minutes or until cheese is bubbly .

Note: If sauce is too thick, thin with whole milk.

Serving Suggestion: Serve with any green vegetable or glazed carrots.