

Creamy Crab Over Puff Pastry



PREPARATION TIME
10 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
steamed asparagus



Because of the labor required to clean and pick crabmeat, it can be expensive. The least expensive is frozen claw meat.

For a real money saver, try using popcorn or salad shrimp.

SHOPPING LIST

- cream • Parmesan cheese
- Swiss cheese • crabmeat
- puff pastry

ON HAND

- butter • cayenne pepper • egg
- salt • onion salt • flour • milk

INGREDIENTS

- 2 tablespoons butter
- 1½ tablespoons flour
- 1 cup milk
- 1 egg yolk
- 2 tablespoons cream
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons shredded Swiss or Gruyère cheese
- 1/8 teaspoon onion salt
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 cups flaked frozen crabmeat, thawed
- 6 frozen puff pastry rounds

SERVES 6

COOK'N' Xpress

- To avoid burning the pastry bottom, use a thick, light-colored aluminum baking sheet, or two baking sheets stacked one on top of the other. Remember to cook the pastry on the middle rack of the oven.

Make Ahead

Prepare the sauce through step 3 up to 8 hours ahead. Refrigerate until needed. Reheat slowly before serving.

♦ VARIATION

For a lower fat version, use light milk and replace the cream with plain lowfat yogurt.

1 Melt butter in a small saucepan over medium heat. Blend in flour. Cook, whisking continually, for 1 minute. Whisk in milk. Cook, whisking continually, for 6 minutes or until thick.



2 Remove from heat. Beat egg yolk with cream. Stir a small amount of hot mixture into egg yolk; stir egg into hot mixture. Cook, whisking continually, for 2 minutes.



3 Whisk in Parmesan, Swiss, onion salt, salt and cayenne pepper. Add crabmeat. Heat to serving temperature over low heat, stirring occasionally.



4 Bake puff pastry using package directions. Place on plates. Spoon crab sauce over pastry. Serve immediately.

