

<u>Crabmeat Au Gratin</u> Recipe: from the vaults of Chef John Folse, Nicholls State Culinary Institute

Au Gratin refers to the crusty topping that appears on the top of a cheese dish after it is removed from the oven or broiler. The most famous of all Au Gratins in Louisiana is the jumbo lump crabmeat Au Gratin. Try substituting shrimp or even crawfish into the recipe.

**PREP TIME:** 45 Minutes **SERVES:** 4-6 INGREDIENTS:

- 1 pound jumbo lump crabmeat
- 1/4 pound butter
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1/2 cup red bell pepper, chopped
- 1 tbsp minced garlic
- 1/2 cup flour
- 1 (13-ounce) can evaporated milk
- 2 egg yolks
- 1 tsp salt
- 1/2 tsp cayenne
- 1/4 tsp black pepper
- 1 tbsp basil, chopped
- 1 tsp thyme, chopped
- 1/2 pound sharp Cheddar cheese, grated (note: use less cheese cut back to 1/3 pound
- Note: add 1/2 teaspoon prepared, yellow mustard

## METHOD:

Preheat oven to 350 degrees F. In a heavy-bottomed sauté pan, melt butter over medium-high heat. Add celery, onion, bell peppers and garlic. Sauté until vegetables are wilted, approximately 3-5 minutes. While vegetables are sautéing, whip egg yolks and evaporated milk until well blended and set aside. Sprinkle flour over seasoning mixture and blend well into the sauté pan to create a white roux. Do Not Brown. Using a wire whisk, add milk/egg mixture while stirring constantly to blend into roux mixture. Season to taste using salt, peppers, basil and thyme. Continue to blend, cooking 3-5 additional minutes. Remove from heat and fold 1/4 pound Cheddar cheese into the white sauce mixture and blend until cheese is totally melted. Place cleaned crabmeat into a Pyrex baking dish. Top with the cheese sauce, then sprinkle with remaining grated cheddar. Cover and bake until bubbly. Uncover then slightly brown the top of the casserole.