

Crab Stuffing

(U.S.A. – State of Maine)

Submitted by: Luke Dahle



My mom and dad went to Maine for their honeymoon. They stayed at The Inn at Isle au Haut. They tasted this dish the first time and liked it so much they bought the cookbook from the inn. On the coast of Maine there is a lot of fresh seafood. The owner of the Inn was able to use fresh fish from the local fisherman.

Ingredients:

8 tablespoons unsalted butter
3 tablespoons shallots, finely chopped
2 cloves of garlic, finely minced
¼ cup of sherry
1 pound crabmeat
1 cup crushed Ritz Crackers
2 tablespoons parsley, finely chopped
salt and ground pepper to taste

Instructions:

Melt the butter in a large saute pan.

Add the shallots and cook over medium heat for 3 minutes.

Add garlic and cook for 1 minute.

Add sherry and cook for 1 minute.

Remove from the heat and add crab meat, crackers, and parsley.

Season with salt and pepper.

Tips: This crab stuffing can be used to stuff lobster, salmon or chicken. To stuff salmon, use a large salmon filet, salt and pepper it, lay the crab stuffing on top of the fish, bake it at 400°F for 20-30 minutes.

In the summer Costco has the best salmon fillets. They can be frozen and remain fresh for many months. Also, don't over bake the fish otherwise it will be too dry.