

GOURMET FISHING

Season III - Episode XXIII



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Crab Stuffed Mushrooms



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Grocery List

Crab Stuffed Mushrooms

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| Mushrooms | Lemon Juice |
| Coconut Oil Spray | Lemon Zest |
| Bread Crumbs | Parmesan Cheese |
| Cream Cheese | Parsley |
| Garlic Cloves | Fresh Thyme |
| Worcestershire Sauce | Crabmeat |



Crab Stuffed Mushrooms Ingredients

Crab Stuffed Mushrooms



Serves 2-4

Ingredients

12 - 18 Large Mushrooms,

White or Baby Portabello's

Coconut oil Spray

1/2 cup bread crumbs

8 oz cream cheese-soft

2 cloves minced Garlic

1/2 Table Spoon Wooster

1 Tablespoon Lemon Juice

1/2 Tablespoon Lemon Zest

1/2 cup Parmesan Cheese

2 Tablespoons minced/chopped Parsley

1 Tablespoon Fresh Thyme

1 cup Crabmeat

Preheat oven to 375°F or 350°F for convection.

Remove the stems from the mushrooms. With a 1/2 tsp, remove a portion of the mushroom on the inside where the stems were. This will allow you to get more stuffing into the mushroom.

Spray the mushroom with the oil and place them on an oven-safe baking dish.

Mix the remaining ingredients in a bowl until thoroughly combined.

Add the crab mixture to the mushrooms.

Bake for 20 minutes. Set the oven to broiler mode and cook for an additional 2 minutes until lightly brown.

Plate and serve with lemon or lime wedges.

Crab Stuffed Mushrooms



Gourmet Fishing



We catch fish, and then, We cook our catch...



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