

GOURMET FISHING

Season IV- Episode 10



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Charleston Crab Mac-n-Cheese



Host, Chef & Guide, David Murray





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Crab Mac-n-Cheese





Grocery List

Crab Mac-n-Cheese

Butter	Parsley	extra-sharp cheddar
Flour	Cream Cheese	cheese
Chicken Stock	Sour Cream	Monterey Jack cheese
Milk	Granulated Garlic Powder	white extra sharp
Heavy Cream	Salt	cheddar cheese
Fresh Thyme	Cayenne Pepper	Elbow Macaroni
Fresh Long Leaf	sharp cheddar cheese	Crab Meat



Crab Mac-n-Cheese Ingredients

Crab Mac-n-Cheese



6 Servings
Ingredients

2 Tbs Butter	1/4 tsp Salt	a couple of Tbs reserve crab meat
3 1/2 Tbs Flour	1/4(-) tsp Cayenne Pepper	grated cheese, your choice,
1 Cup Infused Chicken Stock	1/4 cup grated sharp cheddar cheese	topping
3/4 Cup Milk	1/4 cup grated extra-sharp cheddar cheese	
1/4 Cup Heavy Cream	1/4 cup grated Monterey Jack cheese	
3 Sprigs Fresh Thyme	1/4 cup grated white extra sharp cheddar	
3 Sprigs Fresh Long Leaf Parsley	cheese	
3oz Cream Cheese	6-8 oz Elbow Macaroni, cooked	
1/2 Cup Sour Cream	1lb Crab Meat, rinsed & picked over for	
1 tsp Granulated Garlic Powder	shells	

Infused Chicken Stock

Add about 1 1/3 cup of chicken stock or broth to a pot. Next, make a bouquet garni of 3 sprigs of fresh thyme and 3 sprigs of fresh long-leaf parsley (tie the herbs together with butcher's twine). Lightly bruise the herbs by rolling a glass jar back and forth over them with a little force. This will help release the flavorful oils. Add the herbs to the stock and bring to a boil. When the stock begins to boil, remove from the heat and let the flavors infuse themselves into the stock. Let stand for about 30 minutes or so. This can be made ahead of time and placed in the refrigerator until needed.

Roux

Heat the butter over medium heat until melted and bubbling. Then add the flour and whisk till combined and smooth. Cook the roux over medium-low heat until light brown in color and with a slightly nutty aroma.

Cheese Sauce

Add the infused chicken stock and whisk to combine, and then add the milk & heavy cream and stir to combine. Cook over medium-high heat, and bring to a light boil. Reduce the heat to medium and add the cream cheese. Whisk until the cheese is melted and combined. Next, add the sour cream. Stir to combine until smooth. Next, add the four grated cheese, sharp, monetary jack, extra-sharp, and extra-sharp white cheddar. Whisk the cheeses until melted and combined.

Crab Mac-n-Cheese

Turn the oven on, broil.

Lower the heat to medium-low and add the macaroni. Stir to combine. Next, add the crab meat and fold the crab in with a spoon until combined throughout. Add the mac-n-cheese to an ovenproof dish. Top the mac-n-cheese with the additional cheese of your choice. Place under the broiler and cook until the cheese has melted and is just browning. Spoon on to a plate and enjoy...



Gourmet Fishing



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

Charles



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