



MAINE CHEESE AND CRAB CROSTINI

Jerel Coveney - Student Diane Dense- Student
Larry Days- Chef Instructor Darlene Saltz - Instructor
York County Community College
Wells, Maine

Ingredients:

8 oz. cream cheese
4 oz. sharp Maine Cheddar cheese, grated
1 tsp. Tabasco
2 tsp. Worcestershire sauce
4 Tbsp. Guinness Stout
2 Tbsp. pub-style Dijon mustard (course ground)
Pepper to taste
4 oz. Maine crabmeat
Paprika to dust
Sliced French baguette—about 1/4 inch
Cherry tomatoes, sliced, for garnish

Directions:

1. Blend first seven ingredients until smooth.
2. Gently stir in crabmeat.
3. Put 1 Tbsp. cheese-crab mixture on a baguette slice, dust with paprika and bake until bubbly and brown—about 8-10 minutes. Garnish with cherry tomato. Makes 4 servings.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.



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