

Crab Mornay on Croute

Serves 4 to 6

Ingredients

400g crab meat
2 to 4tbsps plain flour
2 to 4tbsps butter
1 to 3 cups of milk
1 onion
4 cloves garlic
Black pepper and salt
Parsley
Mozzarella cheese
1/2 cup shallots
Fresh basil
Fresh oregano
Olive oil
2 cups chopped tomatoes
1 loaf of Italian bread or sour dough

Method:

1. Mix chopped onion, garlic and parsley with milk and heat until infused.
2. Mornay - heat butter and flour together in a saucepan (can be done in microwave) until bubbly, add milk to make a paste, slowly add more milk and cook until thickened. Mix infused milk into sauce. Add fresh pepper, cheese and crab meat and slowly heat.
3. Brush sliced bread with olive oil and rub garlic, toast under grill
4. Combine shallots, garlic, tomatoes, basil and oregano and sauté with oil in a saucepan.
5. Top bread with tomato mix, add Crab Mornay on top, cover with mozzarella and toast to melt