

Dungeness Crab Mac & Cheese



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45 min

CA

OR

WA

6-8

Ingredients

1 lb short pasta

1 lb local Dungeness Crab meat*

2 cups asparagus, cut into bite-sized pieces

½ cup butter

½ cup flour

1 tsp salt

½ tsp black pepper

1 quart milk; warmed

1 cup gruyère or swiss cheese, shredded

1 cup parmesan cheese; shredded
2 cups sharp white cheddar; shredded
½ – ¾ cup panko
1.2 tsp smoked paprika
½ tsp dried thyme

*Can also substitute rock crab.

Preheat oven to 400 °F.

Melt butter in a large pot over medium-low heat. Whisk in flour and cook 2 minutes, stirring constantly.

Stir in salt, pepper and milk. Continue stirring until sauce has thickened.

Turn off heat, add cheese, and stir constantly until melted.

Fold in pasta, crab, and asparagus.

Add mixture to greased 9×13 baking dish; sprinkle remaining ingredients evenly over pasta.

Bake for 20 minutes or until sauce is bubbly.

Recipe courtesy of [Alaska Seafood](#).

Species Group

Crab, Lobster