

# Cheddar and Crab Casserole

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## Ingredients:

3 tablespoons of plain flour.

$\frac{3}{4}$  cups of skimmed milk powder.

$\frac{1}{4}$  teaspoon of mustard powder.

$\frac{1}{4}$  teaspoons of salt.

$\frac{1}{4}$  teaspoons of pepper.

1 cup of water.

3 oz strong cheddar cheese, grated.

12 oz Crab meat.

## Directions:

In a small saucepan, combine the flour, mustard powder, milk powder, salt and pepper.

Gradually add water, constantly stirring until the mixture become thick.

Remove from heat.

Stir the cheese into the mixture until it has completey melted.

Stir in the crab meat.

Place in a casserole dish and bake until all indredients are thoroughly cooked.