



Steak & Seafood

713 19th Street, Virginia Beach, VA 23451

Chef Jerry Weihbrecht's Blue Crab Mac-n-Cheese

Makes 12-14 servings

1/2 pound unsalted butter (two sticks)
1/2 cup flour
4 cups whole milk
1/2 to 3/4 pound shredded white American cheese
1/4 pound shredded white cheddar
2 tablespoons dusted Parmesan (the sprinkle kind)
1 to 2 tablespoons Old Bay seasoning
Dash Worcestershire sauce
1 pound cavatappi pasta cooked al dente and drained
3/4 pound lump backfin crabmeat, or your favorite crabmeat to taste

Heat butter and flour in a saucepan over low heat, constantly stirring, to make a light, loose roux, about 3 to 4 minutes, or just until it melts.

In a separate pot, heat the milk until it is medium-hot, but not scalding. Add the heated milk to the roux and whisk over medium heat until it is thick and smooth.

Add the other ingredients, except the noodles and crabmeat, and mix well. Add the sauce to the cooked noodles and mix well. Stir in the crabmeat.

If desired, brown the top under a broiler.