

Crab Ramekins

This is a family favourite from meals at the Seaview Hotel on the Isle of Wight – the Island has always been a huge part of our family life.

I'm not sure that this recipe is exactly the same as theirs, but it's a good copy... A super impressive (but cunningly simple) starter or light lunch. (Becca)

Serves 4

Ingredients

200g mixed crab meat, two thirds white is best
250g cheese sauce, homemade or quality ready-made
150g mature cheddar, grated
1 tsp English mustard
½ tsp Cayenne pepper
Juice of ½ a lemon
S & P

Method

Turn on the grill to the highest heat it will go. Warm your cheese sauce over a very low heat until bubbling, stirring constantly. Remove from the heat and working quickly stir in the mustard, cayenne and crab meat. Season well and add lemon juice to taste.

Divide the mixture evenly between 4 greased ramekins and top with the grated cheese.

Place under the grill until the cheese is melted, golden and bubbling.
Serve straight away with plenty of crusty bread or granary toast.

