

Our State eats

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Lump Crab & Wild Rice Casserole

Yield: 6 to 8 servings.

- 3 cups long-grain wild rice, cooked
- 1 pound fresh lump crabmeat
- ½ pound mushrooms, quartered
- ½ stick unsalted butter
- ½ cup white wine

White Sauce

- ½ stick unsalted butter
- 2½ tablespoons all-purpose flour
- 1¼ cups whole milk
- ½ teaspoon garlic salt
- ½ teaspoon celery salt
- 1 teaspoon paprika
- ¼ teaspoon ground cayenne pepper
- 2 cups grated sharp Cheddar cheese, divided
- ¼ cup cooking sherry
- ½ cup fresh chopped parsley

Preheat oven to 350°. Grease a 9 x 13-inch baking dish with butter. Set aside.

Melt butter in a saucepan; sauté mushrooms on medium heat for 2 to 3 minutes. Add wine and simmer until mushrooms are tender. Remove from heat and set aside.



For the sauce: In a pan, melt butter over medium to medium-low heat and whisk in flour. Gradually stir in milk. Add seasonings and half of the cheese. Stir until thickened. Lower heat and stir in sherry. Add crab and parsley and simmer just until bubbling.

Spread cooked rice evenly in the prepared baking dish. Spread the mushroom mixture evenly over the rice. Pour the white sauce with crab over the rice and mushroom mixture. Top the casserole with remaining cheese. Bake, uncovered, at 350° for 30 minutes or until cheese is melted and casserole is bubbling.

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