

CopyCat Red Lobster's Crab Alfredo

Ingredients

4 tablespoons butter or margarine
4 tablespoons flour
2 cups half and half or heavy cream if you really feel wicked
1/2 cup freshly grated Parmesan cheese, more if desired
salt and white pepper to taste
1 pinch cayenne pepper, optional
8 ounces cooked snow crab meat, cut into chunks

Directions

In a large saucepan, melt the butter over medium heat. Stir in the flour until mixed and cook, stirring constantly, until it starts to bubble. Do not let the flour brown.

Over medium heat, whisk the half and half into the flour mixture with a wire whisk. Continue to stir until the mixture thickens.

Stir in the Parmesan cheese and add salt and white pepper and the optional cayenne to taste. Let the sauce simmer for 4-5 minutes (do not let it boil) then add the cut up crab meat. Stir and heat over low heat just until the crab is heated.

Serve the crab Alfredo sauce over cooked pasta with additional grated Parmesan.