

"THE #22"

CHRISTIAN DEAN

CRAB DIP

FRESH ST. MARKET



COOKIN'
WITH THE 'CAPS



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Trail Appliances



2017
EDITION



"THE #22" CRAB DIP

INGREDIENTS

150 g	crab meat, torn into bite size pieces	150g	cream cheese, heated until soft
1 tbsp	green onions, chopped	50g	sour cream
1 tbsp	chopped Italian parsley	50g	grated parmesan
1 tsp	salt	25g	mozzarella cheese
1 tsp	cracked black pepper		

DIRECTIONS

Preheat oven to 425°F, with a rack placed in the top of the oven.

Mix all ingredients, except mozzarella, together in a medium bowl.

Transfer to a small, bakeable dish (like a crème brulee dish, or a ramekin).

Top with mozzarella cheese and bake, uncovered, for 15 minutes or until the top is bubbling and golden brown.

Serve with crostinis or tortilla chips.