

Recipes from Gene Remy (maiden name Anna Georgene Loebler)

Gram's Crab in Shells

1 pound crab meet (mix with white sauce)

White Sauce:

½ pint milk

2 tsp salt

2 tbs butter

2 tbs flour

1 tbs parsley (chopped)

4 hard-boiled eggs

½ tsp nutmeg

Cayenne to taste

Can add cheese if want

Put in shells

Cover with crumbs & cheese

Bake 15 minutes at 450 degrees F