

SIDE DISH

Shrimp and Crab Au Gratin

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	40 min	40 min	6	\$3.63	447 kcal



Shrimp and Crab Au Gratin takes approximately 1 hour and 20 minutes from beginning to end. This side dish has 447 calories, 38g of protein, and 27g of fat per serving. This pescatarian recipe serves 6 and costs \$3.63 per serving. 4 people were glad they tried this recipe.

Ingredients

- ☐ ½ teaspoon black pepper
- ☐ 0.1 teaspoon cayenne pepper
- ☐ ½ cup dry white wine
- ☐ 1 lemon, juiced
- ☐ 1½ cups grated sharp Cheddar
- ☐ ½ cup whole milk
- ☐ ½ cup (1 stick) butter
- ☐ 1 pound claw crabmeat, picked through for shells
- ☐ ½ cup all-purpose flour
- ☐ 6 servings Salt
- ☐ 1 pound or medium shrimp, peeled and deveined

EQUIPMENT Frying pan, Sauce pan, Oven, Whisk, Mixing bowl, Plastic wrap, Casserole dish, Wooden spoon, Aluminum foil

Method

- 1 Melt the butter in a heavy-bottomed saucepan over very low heat. When the butter is completely melted, stir in the flour with a wooden spoon. Cook for about 1 minute over low heat, stirring constantly. Slowly add the milk. Using a whisk, stir briskly until you have a smooth sauce, about 2 minutes.
- 2 Add the wine, lemon juice, salt, black pepper, and cayenne and whisk again. Switch to the wooden spoon and keep stirring the white sauce until it is completely smooth and thickened, about the consistency of mayonnaise.
- 3 Remove from the heat.
- 4 Bring 2 cups water and 1/2 teaspoon salt to a boil in a medium saucepan and add the shrimp. When the water returns to a boil, cook the shrimp for 1 minute.
- 5 Drain immediately. Roughly chop the shrimp and put in a large mixing bowl.
- 6 Add the crabmeat and, with your hands, toss gently to mix.
- 7 Pour the sauce over the seafood. With a large spoon, gently combine, taking care not to break apart the crabmeat.
- 8 Spray an 8-inch square disposable aluminum foil pan with vegetable oil cooking spray (there will be a little left over for a tasty lunch for the cook) or use an 11 by 7-inch casserole dish.
- 9 Pour the mixture into the pan.
- 10 Place the grated cheese on top, completely covering the seafood mixture. Wrap the uncooked casserole securely with plastic wrap, then with aluminum foil.
- 11 Place the pan into a plastic freezer bag and seal. Freeze. Prepare a label with these instructions: Completely thaw in refrigerator. When ready to bake, remove the foil and plastic wrap.
- 12 Bake in a preheated 350 degrees F oven for about 25 to 30 minutes, until bubbly. If serving immediately, bake in a 350 degree F oven uncovered, for about 25 minutes, until bubbly.

Nutrition per serving

447

KCAL

38 g

PROTEIN

27 g

FAT

11 g

CARBS

Saturated Fat	15.7 g · 98% of daily needs
Fibre	0.4 g · 1% of daily needs
Sugar	1.4 g · 2% of daily needs
Sodium	1,231 mg · 54% of daily needs
Cholesterol	225 mg · 75% of daily needs
Vitamin C	7.3 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-and-crab-au-gratin-142599