

This month's recipes are submitted by Betty Smith. Betty and her husband are from the Chesapeake area, where she claims they have the best Crab Cakes to be found.

Chesapeake Bay Crab Cakes

1 egg
2 TBS. mayonnaise
1 tsp. dry mustard
½ tsp. black pepper
1 TBS. Old Bay
2 tsp. Worcestershire Sauce
dash of Tabasco
1 pound Jumbo Lump crab meat
½ cup cracker crumbs

Mix first seven ingredients together in a large mixing bowl. Add crab meat and cracker crumbs being careful not to break-up the lumps. Use a large ice cream scoop and your hands to make 8 cakes. Refrigerate for 1 hour. Bake at 350 degrees for 20 to 25 minutes. Serve immediately. May be packaged and frozen. Enjoy!

Macaroni and Cheese

1 pound elbow macaroni
6 TBS. butter (¾) stick
6 TBS. flour
3 cups milk
1 ½ tsp. Salt
½ tsp. Cayenne
2 tsp. Dry mustard
few dashes of Tabasco Sauce
2 cups grated sharp Cheddar Cheese
2 eggs, beaten
dry bread crumbs for topping

Preheat oven to 375°. Butter a 13/9/2 baking dish.

Bring a large pot water to the boil with salted water. Add macaroni and cook until just tender. Drain and set aside.

Melt the butter in a saucepan and whisk in the flour. Cook, stirring, for 1 to 2 minutes taking care not to brown the flour. Remove from heat and stir in the milk, salt, cayenne, mustard and Tabasco. Return to the heat and bring to a boil, stirring constantly. Lower the heat and simmer, stirring from time to time, until the sauce thickens, about 3 minutes. Remove from the heat and stir in the cheese. When the sauce has cooled slightly, add the eggs and mix well.

Layer half the macaroni in the baking dish. Top with half the sauce. Repeat layers. Sprinkle the top with breadcrumbs and bake for 30 min. or until the top is brown and the sauce is hot. Remove from the oven and let stand 5 minutes before serving.

Enjoy!