



Steak & Seafood

713 19th Street, Virginia Beach, VA 23451

## Chef Jerry Weihbrecht's Blue Crab Mac-n-Cheese

*Makes 12-14 servings*

**1/2 pound unsalted butter (two sticks)**  
**1/2 cup flour**  
**4 cups whole milk**  
**1/2 to 3/4 pound shredded white American cheese**  
**1/4 pound shredded white cheddar**  
**2 tablespoons dusted Parmesan (the sprinkle kind)**  
**1 to 2 tablespoons Old Bay seasoning**  
**Dash Worcestershire sauce**  
**1 pound cavatappi pasta cooked al dente and drained**  
**3/4 pound lump backfin crabmeat, or your favorite crabmeat to taste**

**Heat butter and flour** in a saucepan over low heat, constantly stirring, to make a light, loose roux, about 3 to 4 minutes, or just until it melts.

**In a separate pot**, heat the milk until it is medium-hot, but not scalding. Add the heated milk to the roux and whisk over medium heat until it is thick and smooth.

**Add the other ingredients**, except the noodles and crabmeat, and mix well. Add the sauce to the cooked noodles and mix well. Stir in the crabmeat.

**If desired**, brown the top under a broiler.