

Crab Cream Sauce with Wild Rice



Preparation Time: 30 minutes

INGREDIENTS:

2 cups	wild rice (uncooked)
1 tbsp.	Wesson® Vegetable Oil
1	shallot, chopped fine
2	carrots, peeled and diced
1	cup thinly sliced mushrooms
1 cup	white wine (Sauvignon Blanc)
½ cup	peas, fresh or frozen
1 cup	heavy cream
	salt and pepper to taste
2 pkgs.	(8 oz. each) of Louis Kemp Crab Delights® Flake Style
1 tbsp.	finely chopped parsley

Cook wild rice according to package directions, keep warm and set aside. In a heated saucepan, add the oil and saute the chopped shallot and carrots for 2 minutes. Add mushrooms and cook for 3 more minutes. Add white wine and reduce by 80%. Add peas and heavy cream, cook for 3 more minutes. Season with salt and pepper to taste. Add Louis Kemp Crab Delights, heat for 2 more minutes.

Serve the rice hot on a warm plate and pour the sauce on top. Garnish with parsley.

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