



## CRAB TART

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Category: Crab

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### **Crab Tart**

Crab tart is an elegant and savory dish that combines the delicate sweetness of crab meat with a rich, creamy filling in a buttery, flaky pastry shell.

This versatile dish is perfect for special occasions, like brunches, holidays, or as an appetizer for dinner parties. The savory filling, made with a blend of crab, cream, eggs, and seasonings, is both light and satisfying.

Paired with a crisp, golden-brown crust, this crab tart is sure to impress your guests and is a great way to highlight the sweet, fresh flavors of crab. Whether you serve it warm or at room temperature, it's a delicious treat for any seafood lover.

### **Ingredients**

For the Tart Crust:

1 1/4 cups all-purpose flour

1/2 teaspoon salt

1/2 cup cold unsalted butter, cubed

2-3 tablespoons ice-cold water

For the Filling:

1/2 pound fresh crab meat (or canned, drained)

1/2 cup heavy cream

2 large eggs

1 tablespoon Dijon mustard

1 tablespoon fresh lemon juice

1 tablespoon fresh parsley, chopped

1/2 teaspoon Old Bay seasoning (or seafood seasoning)

Salt and pepper, to taste

1/4 cup grated Gruyère cheese (or cheddar cheese)

For Garnish (optional):

Fresh parsley or chives, chopped

Lemon wedges

**How to Make**

## Step 1: Prepare the Tart Crust

In a large bowl, combine the flour and salt. Add the cubed butter and use a pastry cutter or your fingers to cut the butter into the flour until the mixture resembles coarse crumbs with pea-sized pieces of butter.

Gradually add the ice-cold water, 1 tablespoon at a time, stirring until the dough begins to come together. You may not need all the water.

Form the dough into a ball, then flatten it into a disc. Wrap it in plastic wrap and refrigerate for at least 30 minutes to allow the dough to chill and firm up.

## Step 2: Roll Out the Dough

Preheat the oven to 375°F (190°C).

Once the dough has chilled, place it on a lightly floured surface and roll it out to fit a 9-inch tart pan or a shallow pie dish. The dough should be about 1/8-inch thick.

Press the dough into the pan, trimming any excess dough around the edges. Prick the bottom of the crust with a fork to prevent it from puffing up during baking.

Line the crust with parchment paper and fill with pie weights or dried beans. Bake for 10-12 minutes, or until the crust is lightly golden and set. Remove the parchment and weights, then set the crust aside to cool.

### Step 3: Prepare the Crab Filling

In a medium bowl, whisk together the eggs, heavy cream, Dijon mustard, lemon juice, parsley, Old Bay seasoning, salt, and pepper until smooth.

Gently fold in the crab meat, being careful not to break up the chunks of crab too much. Stir in the grated cheese for added richness.

### Step 4: Assemble the Tart

Pour the crab filling into the cooled tart shell, spreading it out evenly.

Bake the tart for 20-25 minutes, or until the filling is set and lightly browned on top. You can insert a knife into the center to check that it comes out clean, indicating the tart is fully cooked.

### Step 5: Serve

Allow the tart to cool slightly before slicing and serving. Garnish with additional fresh parsley or chives, and serve with lemon

wedges for added brightness.

### Chef's Note

**Crust Alternatives:** If you're short on time, you can use store-bought tart or pie crust for convenience. However, homemade crust adds a richer flavor and texture.

**Crab Meat:** Fresh crab meat will provide the best flavor, but canned or frozen crab can be substituted if necessary. Just be sure to drain and flake the crab meat before using it.

**Make Ahead:** The tart can be made in advance. After baking, cool it completely and store it in the refrigerator. Reheat in a 350°F (175°C) oven for 10-15 minutes before serving.

**Flavor Variations:** For an added depth of flavor, sauté finely chopped shallots or leeks and incorporate them into the filling mixture. A dash of hot sauce or a pinch of cayenne pepper can give the tart a spicy kick.

**Vegetarian Option:** You can replace the crab with sautéed mushrooms or roasted vegetables for a vegetarian version of this tart.

### **Nutrition Information (per serving, serves 8)**

Calories: 340

Protein: 12g

Carbohydrates: 20g

Fat: 25g

Fiber: 1g

Sugar: 2g

Sodium: 430mg

This crab tart is a delightful and sophisticated dish that highlights the sweet, delicate flavor of crab in a creamy, savory filling. The buttery, flaky crust adds a wonderful contrast to the richness of the filling, making every bite irresistible. Perfect for any special occasion, this tart is sure to impress your guests and become a favorite in your repertoire of seafood dishes.