

Crab Mousse

1/3 pint (scant cup) milk
1 carrot, sliced
1/2 small onion, sliced
1 bayleaf
1 blade mace
2 sprigs parsley
1 oz. (2T) butter
1 oz. (4T) flour
15 oz. can consommé
2 teaspoons powdered gelatin
salt
pepper
1 bunch watercress
8 oz. (1 cup) crabmeat
2 egg whites
1/4 cucumber, sliced

Put the milk in a pan with the vegetables and herbs, bring to boiling point, remove from the heat, and infuse for 15 minutes. Make a roux with the butter and flour and cook for 1 minute. Blend in the strained milk, bring to the boil, and stir until thick and smooth. Simmer for 1 minute and remove from the heat.

Put the consommé in a pan with the gelatin, leave for 2 minutes, then heat gently until the gelatin has dissolved. Blend the consommé with the white sauce and check the seasoning. Chop the watercress, reserving a few sprigs for decoration. Add the watercress to the sauce with the crabmeat. Leave in a cold place, stirring frequently, until beginning to thicken. Whisk the egg whites until they form stiff peaks, then fold into the mixture. Turn into a 1-3/4 pint (4-1/2 - cup) soufflé dish and chill until 30 minutes before serving. Just before serving, garnish with the reserved watercress sprigs and the cucumber.

Serves 6