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Crab Pilaf

Prep Time: 10 mins

Cook Time: 1 h 10 mins

Total Time: 1 h 20 mins

Ingredients

- 2 small leek(s), or 1 large, white and pale green parts only
- 1 tablespoon butter
- 1 1/2 cup(s) rice, basmati, brown, rinsed
- 1 tablespoon mustard, Dijon
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 3 cup(s) broth, vegetable
- 8 ounce(s) crabmeat, cooked, lump, any shells or cartilage removed
- 2 tablespoon tarragon, fresh, or dill, minced
- 1 medium lemon, cut into 6 wedges
- 1 pounds asparagus, trimmed and cut into 1-inch pieces



Preparation

1. Preheat oven to 350°F.
2. Cut leeks in half lengthwise; rinse thoroughly under water. Cut crosswise into thin slices, place in a colander and rinse again.
3. Melt butter in a large ovenproof skillet or Dutch oven over medium heat. Add the leeks; cook, stirring often, until softened, 3 to 4 minutes. Stir in rice; cook, stirring frequently, until the grains become somewhat translucent, about 1 minute. Stir in mustard, salt and pepper until combined. Pour in broth and bring to a simmer, scraping up any browned bits.
4. Cover the pan. Bake the rice for 40 minutes. Then sprinkle asparagus and crab over the rice, replace the cover and continue baking until the rice and asparagus are tender, about 15 minutes more. Stir in tarragon (or dill). Serve with lemon wedges.