

Fresh Fettuccine with Creamy Crab Sauce

For this recipe created by Chronicle staff writer Tara Duggan, use some of your Chardonnay in the sauce. It's a rich and succulent dish that easily serves 6 as a first course.

INGREDIENTS:

- 3 tablespoons unsalted butter
- 2 tablespoons extra virgin olive oil
- ½ leek (white and light green parts only), washed well and thinly sliced
- 1 shallot, minced
- ½ cup Chardonnay
- 12 ounces fresh fettuccine
- ½ pound fresh lump crabmeat, picked through for cartilage
- ¾ cup heavy cream
- Salt and pepper to taste
- 1 tablespoon minced fresh ~~tarragon~~ basil

INSTRUCTIONS: Bring a large pot of salted water to a boil for the pasta.

Melt the butter in a large skillet, then add the oil and heat gently. Add the leek and shallot, then saute gently until very tender, about 15 minutes. Add the wine and simmer for about 2 minutes.

Cook the pasta according to package directions. Drain, reserving about ½ cup of the cooking water.

As the pasta cooks, add the crabmeat and cream to the

lemon zest
basil ✓
sauce, and simmer gently until just warmed through, about 2 to 3 minutes. Season with salt and pepper, and remove from heat.

Combine the pasta, sauce and tarragon with a sprinkle of salt and pepper. If needed, add some of the reserved cooking water to thin the sauce.

Serves 4 to 6

PER SERVING: 415 calories, 14 g protein, 35 g carbohydrate, 23 g fat (11 g saturated), 120 mg cholesterol, 142 mg sodium, 2 g fiber.