



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

For Release TUESDAY, MAY 30, 1950

#### CRAB MEAT FOR FLAVOR AND VARIETY, FWS SUGGESTS

Crab meat has long been recognized for its distinctive flavor and its versatility in the menu. Now in plentiful supply in the market, according to reports from the U. S. Fish and Wildlife Service, crab meat lends itself well to every course but dessert.

"Ready-to-use" crab meat -- fresh cooked, frozen, or canned -- is especially in demand for summer salads, in crab cakes, or deviled.

The blue crab of the Atlantic and Gulf Coast supports the largest crab fishery, principally from Chesapeake Bay and Louisiana. Brownish-meated rock crabs are caught in small quantities along the New England coast. Dungeness and king crabs are caught along the Pacific Coast. These are larger in size than the blue or rock crab of the Atlantic -- ranging in size up to three pounds for the Dungeness and to 20 pounds for the king crab.

Cooked blue-crab meat is packed in the following forms: Lump meat is the white meat from the large muscles in the back; flake meat, the white meat from the body; flake and lump combined; and claw meat, the brownish meat from the claws. White meat is preferable for salads, while the darker meat usually is used in cakes or is deviled.

The following recipes were developed and tested in the home economics kitchens of the Fish and Wildlife Service.

#### CRAB MEAT SALAD

|                                    |  |
|------------------------------------|--|
| 1 pound crab meat                  | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| 1 cup celery, diced                | $\frac{1}{8}$ teaspoon pepper                  |
| 2 tablespoons sweet pickles, diced | $\frac{1}{2}$ teaspoon salt                    |
| 2 hard cooked eggs, diced          | lettuce  |

Remove any shell or cartilage from the crabmeat. Being careful not to break the crabmeat into too small pieces, combine all the ingredients and serve on lettuce cups. Garnish with tomato wedges. Serves 6.

#### CRAB CAKES

|                                |                               |
|--------------------------------|-------------------------------|
| 1 pound crab meat              | 1 egg, beaten                 |
| 2 tablespoons butter           | 1 teaspoon mustard, dry       |
| 2 tablespoons onion, chopped   | $\frac{1}{2}$ teaspoon salt   |
| 2 tablespoons parsley, chopped | $\frac{1}{8}$ teaspoon pepper |
| 1 cup bread crumbs             | flour                         |

Remove any shell or cartilage from the crab meat. Melt the butter, add onions, and cook onion until tender, but not brown. Mix crab meat, onions, parsley, bread crumbs, egg, and seasonings. Form into small cakes and roll in flour. Place cakes in heavy frying pan which contains about 1/8 inch melted fat, hot but not smoking. Fry until golden brown on one side, turn carefully and brown the other side. Cooking time about 8 to 10 minutes. Drain on absorbent paper, garnish and serve immediately. Serves 6.

#### DEVILED CRABS

|                              |                                 |
|------------------------------|---------------------------------|
| 1 pound crab meat            | 1 tablespoon lemon juice        |
| 2 tablespoons onions, minced | 1 teaspoon Worcestershire sauce |
| 3 tablespoons butter         | 1 teaspoon sage                 |
| 2 tablespoons flour          | Dash cayenne                    |
| 1 cup milk                   | 1 egg, beaten                   |
| 1/2 teaspoon salt            | 1 tablespoon parsley, minced    |
| 1/8 teaspoon pepper          | 1/2 cup bread crumbs            |
| 1 teaspoon mustard, dry      | 2 tablespoons butter, melted    |

Remove any shell or cartilage from the crabmeat. Cook onions in butter until tender, blend in flour, add milk gradually and cook until thick, stirring constantly. Add seasoning and beaten egg. Blend in crab meat and parsley. Fill crab shell or buttered ramekins and sprinkle top with buttered bread crumbs. Bake in a moderate oven 375° F. for 15 minutes or until brown. Serves 6.

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