HOW TO COOK CRABS

Test Kitchen Series No. 10
Fish and Wildlife Service
United States Department of the Interior

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Home Economists

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HOW TO COOK CRABS

Crabs are one of our popular shellfish because of their tender meat and distinctive flavor. Crab meat is an excellent source of high-quality proteins, vitamins, and minerals needed for good nutrition. Fortunately, modern processing and marketing methods make crabs available almost everywhere in the United States.

Four principal kinds of crabs are taken from the marine waters of the United States and Alaska. From the Atlantic and Gulf coasts come blue crabs (composing about three-fourths of all the crabs marketed in this country). Dungeness crabs are found on the Pacific coast from Alaska to Mexico. King crabs come from the North Pacific off Alaska. Rock crabs are taken on the New England and California coasts. Of local importance are stone crabs in Florida and tanner crabs in Alaska.

Crabs are available in the market forms: Live; cooked in the shell; cooked and frozen; fresh cooked meat; and canned meat. Live hard-shell crabs are generally sold within comparatively short distances from the point of capture, as it is difficult to ship them long distances. Live soft-shell crabs are shipped hundreds of miles, but they require special care. (Soft-shell crabs are molting blue crabs taken just after they have shed their hard shells and before the new shells have formed. State laws prohibit the marketing of soft-shell Dungeness crabs.) Fresh hard-shell and soft-shell crabs should be alive at time of cooking. Cooked hard-shell crabs must be kept refrigerated, iced, or frozen from the time they are cooked until they are used.

Canned crab meat from the blue, Dungeness, king, and rock crab is usually available in 5-, 6½-, and 13-ounce cans.

The fresh cooked meat of crabs is the most common market form. Picked from hard-shell crabs, packed, chilled, and sold by the pound, it can be bought in the following styles:

BLUE CRABS

Fresh cooked meat is packed in several grades: LUMP MEAT, solid lumps of white meat from the body of the crab—used in recipes where appearance is important, as in cocktails and salads. FLAKE MEAT, small pieces of white meat from the rest of the body—any bits of cartilage or shell should be removed before the meat is used. LUMP and FLAKE MEAT, combined. CLAW MEAT, picked from the claws, is of a brownish tint—used in recipes where appearance is not important, and is generally lower priced than the preceding grades.

DUNGENESS CRABS

Fresh cooked meat is picked from both body and claws and packed as one grade. It has a pinkish tinge.

KING CRABS

Fresh cooked meat, either frozen or packed, is taken mostly from the legs.

ROCK CRABS

Fresh cooked meat is picked from both body and claws and is marketed as one grade. It is brownish in color.

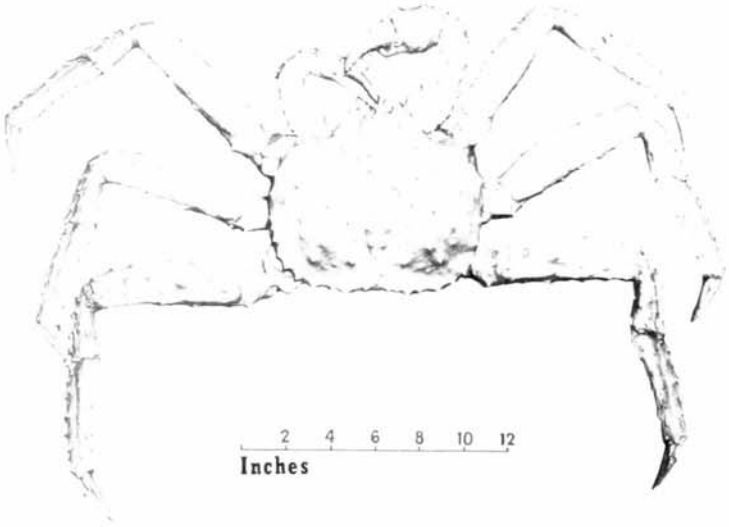
The meat from all kinds of crabs can be used interchangeably in these recipes. Thus, the kind selected will depend largely on the kind available and the cost. Crab meat in any of its market forms is in large demand for cocktails, salads, and cakes; however, by using the recipes in this booklet you can make crab meat play an even more versatile role in feeding your family.

◀BLUE CRAB

From Atlantic and Gulf coasts. Weight ¼ to 1 lb. At different seasons, this is the eastern "hard-shell crab" and the "soft-shell crab."
Market forms: *Hard-shell.*—Live; cooked in shell; fresh cooked meat; frozen cooked meat; canned meat. *Soft-shell.*—Live; frozen uncooked.

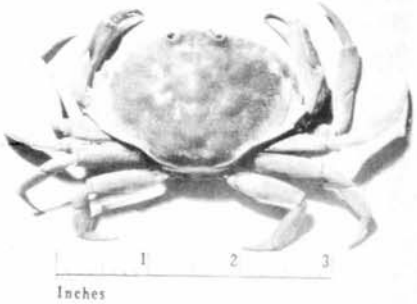
DUNGENESS CRAB▶

From Pacific coast. Weight 1¾ to 3½ lb.
Market forms: Live; cooked in shell; fresh cooked meat; frozen cooked meat; canned meat.



◀KING CRAB

From Pacific Ocean off Alaska. Weight 6 to 20 lb. Big ones measure 6 ft., tip of one leg to tip of opposite leg.
Market forms: Frozen cooked in shell; frozen cooked meat; canned meat.



ROCK CRAB▶

From New England and California coasts. Weight ⅓ to ½ lb.
Market forms: Live; fresh cooked meat; canned meat.

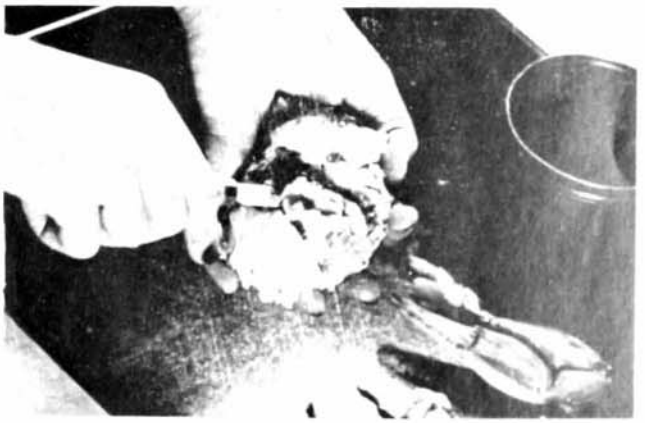
PICKING THE MEAT

FROM BLUE CRABS

With the left hand, grasp the body of the crab with the large claws to the right. Break off the large claws. Pull off the top shell with the right hand. Cut or break off the legs. Scrape off the gills and remove the digestive and other organs located in the center part of the body. Slice off the top of the right side of the inner skeleton, beginning near the front. Remove any meat on this slice, then starting with the right back fin pocket, remove the meat from the lower part with a U-shaped motion of the knife. Remove the meat from the other pockets by inserting the knife underneath and prying upward. Cut off the top from the left side of the inner skeleton and remove the meat in the same manner as for the right side.

To remove the meat from the claws, crack the different segments of each claw with a sharp blow of a knife and break the shell. Remove the meat by clasping it with the thumb and fingers of the left hand while pulling out the tendon with the fingers of the right hand. If the meat does not come out readily, pry it out of the shell with a knife.

Scraping off the gills



Removing the digestive organs

Removing the top shell

Slicing off top of the right side

BOILED BLUE CRABS

24 live, hard-shell, blue crabs
6 quarts boiling water
⅓ cup salt

Place crabs in boiling salted water. Cover and return to boiling point. Simmer for 15 minutes. Drain. Serve hot or cold. Serves 6.

BOILED SPICED BLUE CRABS

24 live, hard-shell, blue crabs
1 quart vinegar
½ cup salt
3 tablespoons cayenne pepper
¼ cup celery salt
¼ cup powdered mustard
¼ cup cloves
2 tablespoons mace
2 tablespoons ginger
6 quarts boiling water

Add seasonings to the boiling water. Cover and simmer for 3 to 5 minutes. Add crabs, cover, and return to boiling point. Simmer for 15 minutes. Drain. Serve hot or cold. Serves 6.

BOILED DUNGENESS CRABS

3 live Dungeness crabs
8 quarts boiling water
½ cup salt
Butter or margarine, melted
or
Mayonnaise or salad dressing

Dress crabs by inserting a table knife under the back of the top shell and prying it off. Remove spongy parts under shell (gills, stomach, and intestines) and wash body cavity. Place in boiling salted water. Cover and return to boiling point. Simmer for 15 minutes. Drain. Crack the claws and legs. Serve hot with butter or chill and serve with mayonnaise. Serves 6.

CRAB COCKTAIL

1 pound crab meat
Lettuce
Cocktail sauce
Parsley
Lemon wedges

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Arrange lettuce in 6 cocktail glasses. Place crab meat on top; cover with cocktail sauce. Garnish with parsley and lemon wedges. Serves 6.

Cocktail Sauce

¾ cup catsup
¼ cup lemon juice
3 tablespoons chopped celery
½ teaspoon salt
6 drops tabasco
Dash cayenne pepper

Combine all ingredients and chill. Serves 6.

CRAB CANAPÉS

1 pound crab meat
3 tablespoons mayonnaise or salad dressing
1 tablespoon prepared mustard
¼ teaspoon salt
Dash pepper
1 tablespoon lemon juice
12 slices white bread
¼ cup grated Parmesan cheese
2 tablespoons dry bread crumbs

Remove any shell or cartilage from crab meat. Combine mayonnaise, seasonings, lemon juice, and crab meat. Remove crusts and toast bread. Spread crab mixture on each slice of toast. Combine cheese and crumbs; sprinkle over top of each slice of toast. Cut each slice into 6 pieces. Place on a broiler pan about 3 inches from source of heat. Broil for 2 to 3 minutes or until brown. Makes approximately 72 canapés.

CRAB APPETIZERS

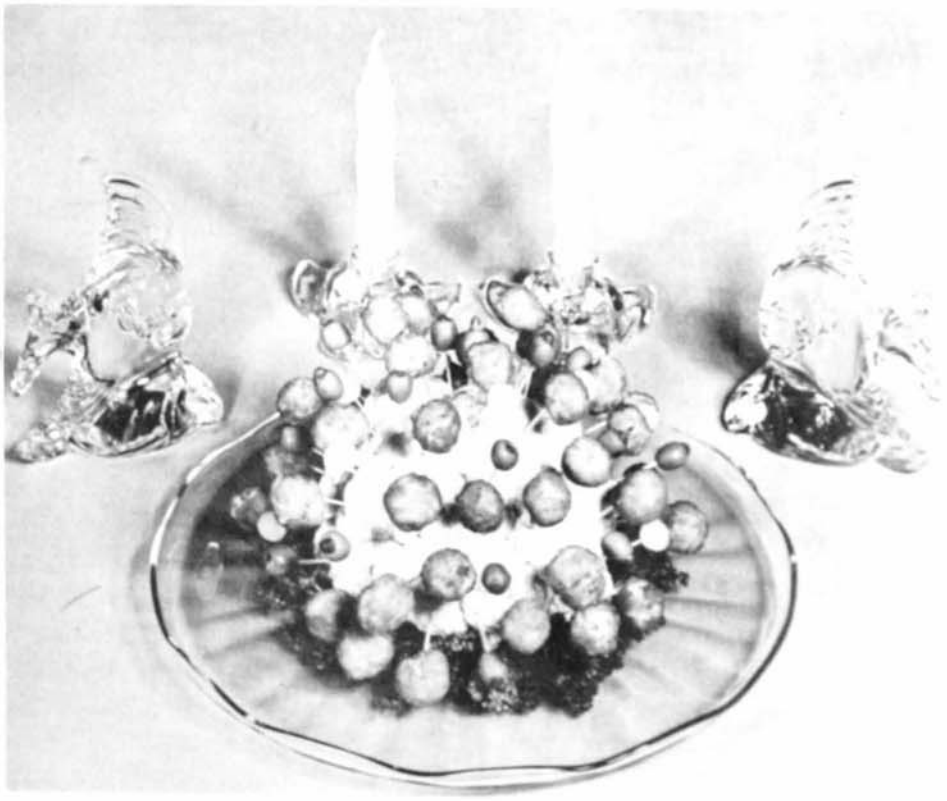
1 pound crab meat
1 tablespoon grated onion
¼ cup butter or other fat, melted
¼ cup flour
1 cup milk
1 egg yolk, beaten
½ teaspoon Worcestershire sauce
¼ teaspoon salt
Dash pepper
¾ cup dry bread crumbs

Remove any shell or cartilage from crab meat. Cook onion in butter. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Combine egg yolk and seasonings. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add crab meat; blend into a paste and cool. Portion crab mixture with a teaspoon. Shape into small balls. Roll in crumbs. Fry in a basket in deep fat, 375° F., for 2 minutes or until brown. Drain on absorbent paper. Serve on toothpicks. Makes approximately 84 appetizers.

CRAB GUMBO

½ pound crab meat
½ cup chopped onion
½ cup chopped celery
1 clove garlic, finely chopped
¼ cup butter or other fat, melted
2 teaspoons salt
¼ teaspoon crushed whole thyme
¼ teaspoon sugar
1 whole bay leaf
Dash pepper
1 package (10 ounces) frozen okra, sliced
2 cans (1 pound 4 ounces each) tomatoes
1½ cups cooked rice

Remove any shell or cartilage from crab meat. Cook onion, celery, and garlic in butter until tender. Add seasonings, okra, and tomatoes. Cover and simmer for 45 minutes. Remove bay leaf. Add crab meat; heat. Serve over rice. Serves 6.



Crab Appetizers

CREAM OF CRAB SOUP

1 pound crab meat
1 chicken bouillon cube
1 cup boiling water
¼ cup chopped onion
¼ cup butter or other fat, melted
3 tablespoons flour
¼ teaspoon celery salt
1 teaspoon salt
Dash pepper
1 quart milk
Chopped parsley

Remove any shell or cartilage from crab meat. Dissolve bouillon cube in water. Cook onion in butter until tender. Blend in flour and seasonings. Add milk and bouillon gradually; cook until thick, stirring constantly. Add crab meat; heat. Garnish with parsley sprinkled over the top. Serves 6.

CRAB SALAD IN RING MOLD

1 pound crab meat
1 tablespoon unflavored gelatin
¼ cup cold water
1 can (8 ounces) tomato sauce
2 packages (3 ounces each) cream cheese
1 teaspoon grated onion
½ cup chopped celery
½ cup diced cucumber
¼ teaspoon salt
Dash cayenne pepper
Salad greens
Mayonnaise or salad dressing

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Soften gelatin in cold water for 5 minutes. Heat tomato sauce to boiling point; add gelatine and stir until dissolved. Chill until almost congealed. Soften cheese at room temperature. Add onion, celery, cucumber, seasonings, and crab meat; fold into gelatin mixture. Place in a 1-quart ring mold; chill until firm. Unmold on salad greens; garnish with mayonnaise. Serves 6.

CRAB SALAD IN ASPIC RINGS

½ pound crab meat
2 tablespoons unflavored gelatin
½ cup cold water
1¾ cups tomato juice
1 teaspoon sugar
½ teaspoon salt
½ teaspoon Worcestershire sauce
½ teaspoon onion salt
2 tablespoons lemon juice
2 tablespoons chopped onion
1 cup chopped celery
1 tablespoon lemon juice
¼ teaspoon salt
Dash pepper
¼ cup mayonnaise or salad dressing
Salad greens

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Soften gelatin in cold water for 5 minutes. Heat tomato juice to boiling point; add gelatin and stir until dissolved. Add seasonings and lemon juice. Place in 6 individual, 3-ounce ring molds; chill until firm. Combine onion, celery, lemon juice, salt, pepper, mayonnaise, and crab meat. Chill. Unmold aspic rings on salad greens. Fill centers with crab salad. Serves 6.

CRAB MEAT SALAD

1 pound crab meat
½ cup mayonnaise or salad dressing
2 tablespoons chopped onion
1 cup chopped celery
2 tablespoons chopped sweet pickle
2 hard-cooked eggs, chopped
½ teaspoon salt
Dash pepper
Lettuce

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Combine all ingredients except lettuce. Chill. Serve on lettuce. Serves 6.

CRAB LOUIS

1 pound crab meat
1 head lettuce
½ teaspoon salt
1 cucumber, sliced
4 tomatoes, sliced
3 hard-cooked eggs, sliced

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Shred lettuce and place in a large shallow salad bowl. Sprinkle with salt. Arrange the crab meat over the lettuce. Around the edge place alternate slices of cucumbers, tomatoes, and eggs. Spread Louis Dressing over crab meat. Serves 6.

Louis Dressing

1 cup mayonnaise or salad dressing
3 tablespoons catsup
2 tablespoons chopped sweet pickle
1 tablespoon lemon juice

Combine all ingredients and chill. Serves 6.

CHESAPEAKE BAY CRAB CAKES

1 pound blue crab meat
2 tablespoons chopped onion
2 tablespoons butter or other fat, melted
1 egg, beaten
½ teaspoon powdered mustard
½ teaspoon salt
Dash pepper
Dash cayenne pepper
½ cup dry bread crumbs

Remove any shell or cartilage from crab meat. Cook onion in butter until tender. Combine all ingredients except crumbs. Shape into 6 cakes and roll in crumbs. Place cakes in a heavy frying pan which contains about ⅛ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 5 to 8 minutes. Drain on absorbent paper. Serves 6.

CRAB RAVIGOTE

1 pound crab meat
2 tablespoons chopped sweet pickle
2 tablespoons lemon juice
¼ teaspoon salt
Dash pepper
1 hard-cooked egg, chopped
1 tablespoon chopped parsley
2 tablespoons chopped onion
¼ cup mayonnaise or salad dressing
2 tablespoons chopped stuffed olives
¼ teaspoon paprika
Pimiento strips

Remove any shell or cartilage from crab meat. Combine pickle, lemon juice, seasonings, egg, parsley, onion, and crab meat. Place in 6 individual shells or on salad greens. Combine mayonnaise, olives, and paprika; spread over top of crab mixture. Chill. Garnish with pimiento. Serves 6.

CRAB POTATO CAKES

1 pound crab meat
1 cup mashed potatoes
1 egg, beaten
½ teaspoon salt
Dash pepper
Dash onion salt

Remove any shell or cartilage from crab meat. Combine all ingredients. Shape into 12 cakes. Place cakes in a heavy frying pan which contains about ⅛ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 5 to 8 minutes. Drain on absorbent paper. Serves 6.

Cutting off the face

Removing the spongy parts under the shell

FRIED SOFT-SHELL BLUE CRABS

12 soft-shell blue crabs
2 eggs, beaten
¼ cup milk
2 teaspoons salt
¾ cup flour
¾ cup dry bread crumbs

Dress crabs by cutting off the face just back of the eyes. Remove the apron; remove the spongy parts (the gills, stomach, and intestines) under the points of the body covering. Rinse in cold water; drain. Combine egg, milk, and salt. Combine flour and crumbs. Dip crabs in egg mixture and roll in flour-and-crumb mixture.

Pan-Fried

Place crabs in a heavy frying pan which contains about ⅛ inch of fat, hot but not smoking. Fry at moderate heat. When crabs are brown on one side, turn carefully and brown the other side. Cooking time approximately 8 to 10 minutes. Drain on absorbent paper. Serves 6.

Deep-Fat Fried

Fry in a basket in deep fat, 375° F., for 3 to 4 minutes or until brown. Drain on absorbent paper. Serves 6.

NOTE.—A commercial breading may be used. Follow the directions on the package.

Deep-Fat Fried Soft-Shell Blue Crabs

BROILED CRAB MEAT IN SHELLS

1 pound crab meat
⅓ cup butter or other fat, melted
2 tablespoons lemon juice
¼ teaspoon salt
Dash cayenne pepper
Chopped parsley

Remove any shell or cartilage from crab meat. Combine butter, lemon juice, salt, cayenne pepper, and crab meat. Place in 6 well-greased, individual shells or 5-ounce custard cups. Place on a broiler pan about 4 inches from source of heat. Broil for 7 to 10 minutes or until brown. Garnish with parsley sprinkled over top of each shell. Serves 6.

SCRAMBLED CRAB AND EGGS

1 pound crab meat
¼ cup chopped bacon
¼ cup chopped onion
4 eggs, beaten
¼ cup milk
¾ teaspoon salt
Dash pepper
Toast points

Remove any shell or cartilage from crab meat. Fry bacon until lightly brown. Add onion and cook until tender. Combine eggs, milk, seasonings, and crab meat. Add to onion mixture and cook until eggs are firm, stirring occasionally. Serve on toast points. Serves 6.

CRAB NEWBURG

1 pound crab meat
⅓ cup butter or other fat
3 tablespoons flour
½ teaspoon salt
½ teaspoon paprika
Dash cayenne pepper
1½ cups coffee cream
3 egg yolks, beaten
2 tablespoons sherry
Toast points

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add crab meat; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

BAKED CRAB MEAT IN SHELLS

1 pound crab meat
½ cup chopped onion
¼ cup butter or other fat, melted
2 tablespoons flour
½ cup milk
½ cup tomato sauce
½ teaspoon salt
Dash pepper
¼ cup grated cheese
½ cup soft bread crumbs

Remove any shell or cartilage from crab meat. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add tomato sauce, seasonings, and crab meat. Place in 6 well-greased, individual shells or 5-ounce custard cups. Combine cheese and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

QUICK CRAB CASSEROLES

1 pound crab meat
½ cup cooked peas
1 can (10½ ounces) condensed mushroom soup
Dash pepper
½ cup grated cheese
Paprika

Remove any shell or cartilage from crab meat. Combine peas, soup, pepper, and crab meat. Place in 6 well-greased, individual 5-ounce custard cups. Sprinkle cheese and paprika over top of crab mixture. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

DEVILED CRAB

1 pound crab meat
2 tablespoons chopped onion
3 tablespoons butter or other fat, melted
2 tablespoons flour
¾ cup milk
½ teaspoon salt
Dash pepper
½ teaspoon powdered mustard
1 teaspoon Worcestershire sauce
½ teaspoon sage
Dash cayenne pepper
1 tablespoon lemon juice
1 egg, beaten
1 tablespoon chopped parsley
1 tablespoon butter or other fat, melted
¼ cup dry bread crumbs

Remove any shell or cartilage from crab meat. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings and lemon juice. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add parsley and crab meat. Place in 6 well-greased, individual shells or 5-ounce custard cups. Combine butter and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350° F., for 15 to 20 minutes or until brown. Serves 6.

CRAB CASSEROLE

1 pound crab meat
½ cup chopped celery
2 tablespoons chopped green pepper
¼ cup butter or other fat, melted
2 tablespoons flour
1 cup milk
1 egg yolk, beaten
2 tablespoons lemon juice
½ teaspoon salt
Dash pepper
1 tablespoon butter or other fat, melted
¼ cup dry bread crumbs

Remove any shell or cartilage from crab meat. Cook celery and green pepper in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add lemon juice, seasonings, and crab meat. Place in a well-greased 1-quart casserole. Combine butter and crumbs; sprinkle over casserole. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

CRAB PUFFS

1 pound crab meat
2 tablespoons butter or other fat
2 tablespoons flour
½ teaspoon salt
Dash pepper
1 cup milk
2 egg yolks, beaten
¼ teaspoon paprika
1 cup whipping cream
2 egg whites, beaten

Remove any shell or cartilage from crab meat. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add paprika and crab meat. Whip cream. Fold in egg white and whipped cream. Place in 6 well-greased, individual 10-ounce casseroles. Place casseroles in a pan of hot water. Bake in a moderate oven, 350° F., for 40 to 45 minutes or until puffs are firm in the center. Serve immediately. Serves 6.

IMPERIAL CRAB

1 pound crab meat
2 tablespoons chopped onion
2 tablespoons chopped green pepper
3 tablespoons butter or other fat, melted
2 tablespoons flour
½ cup milk
½ teaspoon salt
Dash pepper
¼ teaspoon Worcestershire sauce
2 hard-cooked eggs, chopped

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Cook onion and green pepper in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings, egg, and crab meat. Place in 6 well-greased, individual shells or 5-ounce custard cups. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

CRAB SOUFFLE

1 pound crab meat
3 tablespoons butter or other fat
¼ cup flour
1½ teaspoons salt
½ teaspoon powdered mustard
1 cup milk
3 eggs yolks, beaten
2 tablespoons chopped parsley
2 teaspoons grated onion
1 tablespoon lemon juice
3 egg whites, beaten

Remove any shell or cartilage from crab meat. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add parsley, onion, lemon juice, and crab meat. Fold in egg white. Place in a well-greased 1½-quart casserole. Place casserole in a pan of hot water. Bake in a moderate oven, 350° F., for 1 hour or until souffle is firm in the center. Serve immediately. Serves 6.

Imperial Crab

AVOCADOS STUFFED WITH CRAB MEAT

1 pound crab meat
2 tablespoons butter or other fat
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Dash pepper
¼ teaspoon Worcestershire sauce
2 tablespoons chopped pimiento
2 tablespoons chopped olives
3 ripe avocados
¼ cup grated cheese

Remove any shell or cartilage from crab meat. Melt butter; blend in flour. Add milk gradually and cook until thick and smooth, stirring constantly. Add seasonings, pimiento, olives, and crab meat. Cut avocados in half; remove seeds. Fill centers with crab mixture; sprinkle cheese over top of each avocado. Place in a well-greased baking pan. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

TOMATOES STUFFED WITH CRAB MEAT

1 pound crab meat
6 large tomatoes
1 teaspoon salt
Dash pepper
3 tablespoons butter or other fat, melted
¼ cup chopped parsley
1 tablespoon lemon juice
¼ cup grated cheese
¼ cup dry bread crumbs

Remove any shell or cartilage from crab meat. Wash tomatoes. Remove stem ends and centers; sprinkle tomatoes with salt and pepper. Combine butter, parsley, lemon juice, and crab meat. Place in tomatoes. Combine cheese and crumbs; sprinkle over top of tomatoes. Place in a well-greased baking dish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until tomatoes are tender. Serves 6.

Avocado Stuffed with Crab Meat

CRAB JAMBALAYA

1 pound crab meat
½ cup chopped bacon
½ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper
1 can (1 pound 13 ounces) tomatoes
¼ cup uncooked rice
1 tablespoon Worcestershire sauce
½ teaspoon salt
Dash pepper

Remove any shell or cartilage from crab meat. Fry bacon until lightly brown. Add onion, celery, and green pepper; cook until tender. Add tomatoes, rice, and seasonings. Cover and simmer for 20 to 25 minutes or until rice is tender, stirring occasionally. Add crab meat; heat. Serves 6.

SPAGHETTI WITH CRAB SAUCE

1 pound crab meat
½ cup chopped onion
½ cup chopped celery
2 cloves garlic, finely chopped
2 tablespoons chopped parsley
¼ cup butter or other fat, melted
1 cup canned tomatoes
1 can (8 ounces) tomato sauce
¼ teaspoon salt
½ teaspoon paprika
Dash pepper
3 cups cooked spaghetti
Grated Parmesan cheese

Remove any shell or cartilage from crab meat. Cook onion, celery, garlic, and parsley in butter until tender. Add tomatoes, tomato sauce, and seasonings. Simmer for 20 minutes, stirring occasionally. Add crab meat; heat. Serve over spaghetti. Garnish with cheese sprinkled over the top. Serves 6.

Spaghetti with Crab Sauce

HOT CRAB SANDWICHES

1 pound crab meat
1 tablespoon chopped sweet pickle
1 tablespoon chopped onion
1 tablespoon chopped celery
3 tablespoons mayonnaise or salad dressing
½ teaspoon salt
Dash pepper
2 eggs, beaten
½ cup milk
¼ teaspoon salt
12 slices white bread

Remove any shell or cartilage from crab meat. Combine pickle, onion, celery, mayonnaise, seasonings, and crab meat. Combine egg, milk, and salt. Dip one side of each slice of bread in egg mixture. Place bread in a heavy frying pan which contains about ⅛ inch of fat, hot but not smoking. Fry at moderate heat until brown on one side. Drain on absorbent paper. Spread plain side of 6 slices of bread with crab mixture; cover with remaining 6 slices of bread. Place on a well-greased cooky sheet, 15½ x 12 inches. Heat in a moderate oven, 350° F., for 5 to 8 minutes or until heated through. Serves 6.

BARBECUED CRAB SANDWICHES

½ pound crab meat
¼ cup chopped onion
½ cup chopped celery
3 tablespoons butter or other fat, melted
¼ teaspoon salt
Dash pepper
2 whole bay leaves
2 whole cloves
2 teaspoons soy sauce
2 teaspoons Worcestershire sauce
1 chicken bouillon cube
½ cup tomato juice
2 tablespoons chopped parsley
6 large buttered rolls

Remove any shell or cartilage from crab meat. Cook onion and celery in butter until tender. Add seasonings, bouillon cube, and tomato juice. Simmer for 5 minutes. Remove bay leaves and cloves. Add parsley and crab meat; heat. Serve on rolls. Serves 6.

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