



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

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Here's a recent "report card" on crab meat as prepared by technologists of the Fish and Wildlife Service, United States Department of the Interior:

Principal food elements present:	
	proteins, minerals, and vitamins
Digestibility values:	
Chilled white meat of blue crab (cooked, fresh)	91.3
White meat of blue crab (cooked, canned)	93.3
Canned meat of Dungeness (Pacific coast) crab	88.3
Canned meat of King crab (now imported; soon to be available as a domestic pack)	98.8

Remarks: "Biological value of protein of crab meat equals or is slightly superior to that of beef round."

This recommendation, plus the amazing number of ways this crustacean can be prepared for the table and its extensive availability, makes it a welcome addition to the what'll-we-eat list.

There are several species of crabs in the waters of the United States which may be used for food. Three species are abundant enough to be important commercially. The most important of these is the blue crab, the fishery for which centers at Chesapeake Bay (where this crustacean is taken in large quantities

between June and September) but which ranges from Massachusetts to the southern extremity of Texas. The other two species which are more or less of commercial importance are the rock crab which is taken off the coast of New England, and the "Dungeness" crab of the Pacific coast.

Soft shell crabs is a term applied to those crabs which may be captured soon after molting while the carapace, or covering is still soft. Only blue crabs are taken in sufficient quantities in that condition. The majority are caught just before the molting process, are kept in floats until shedding is completed. (Soft shell crabs should be alive when purchased, by the way.) Hard shell crabs are ordinary crabs with the carapace hard. It becomes hard about 48 hours after the old shell is shed, and can't be softened artificially. And since all crabs die young (at age two or three) you can be sure what you're getting is "good" and is tender meat.

So, from cocktail and salad on through the entire field, we give you some selected crab recipes:

#### Crab Louis

1 cup crab meat  
1 cup whipped cream  
1 cup mayonnaise

1/3 cup cocktail catsup  
Lemon juice to taste

Mix and chill on ice and serve in cocktail glasses, embedded in ice.

San Juan Deep Sea Foods Economical Recipes

#### Upside-Down Crabs

1 lb. crab meat  
1 cup bread crumbs (soak and drain)  
1 large onion cooked soft in butter

2 eggs well beaten  
1 tsp. Worcestershire sauce  
2 heaping tbsps. mayonnaise  
Nutmeg, salt, and pepper

Mix all together well and fill shells. Toast a little bread crumbs and spread over the top, patting firmly. Drop in deep hot fat to fry with filled side down. Then turn and do shell side. Will take about 5 minutes to brown well.

Gourmet's Guide to New Orleans

### Fried Soft-Shelled Crabs

Place live crabs face down on a board; slice across just back of the eyes. Lift apron at opposite end of crab, scrape off spongy portion beneath and cut off apron. Remove sand bag. Lift each point at the sides and remove all the gills. Wash and dry. If it is preferred to parboil the crabs before cleaning, drop them into rapidly boiling salted water to cover. When the color changes (about 2 minutes) remove from heat. Wash under running cold water until sand is completely removed. Clean as for live crabs. To prepare for frying (1) sprinkle with salt, pepper, and lemon juice, and dip in milk and then in flour, or (2) soak a few minutes in milk to which salt and pepper have been added and roll in flour or in soft bread crumbs, or (3) roll in crumbs, dip in egg, and roll again in crumbs, or (4) dip in batter. Fry in hot deep fat (370 degrees F.) until brown. Serve at once with Tartar Sauce. Allow 2 crabs per person.

U. S. Regional Cook Book

### Deviled Crabs Baltimore Style

3/4 cup medium white sauce (i.e. 2 tbsp. butter to 2 tbsp. flour)	Dash of cayenne
2 egg yolks, beaten	1/4 cup cooked mushrooms (optional)
2 cups crab meat	2/3 cup fine crumbs
1 tsp. prepared mustard	1 tsp. minced parsley
1/2 tsp. lemon juice	Lemon juice
1 tsp. Worcestershire sauce, or 2 tbsps. sherry wine	

Add hot sauce gradually to beaten egg yolks, stirring constantly. Add crab meat and heat through. Add mustard, lemon juice, Worcestershire sauce or sherry wine, cayenne, and mushrooms (if used) and transfer to oiled shells or individual ramekins. Sprinkle lightly with buttered crumbs and parsley and brown in hot oven (450 degrees F.) 5 minutes. Sprinkle lemon juice over the top and serve hot. Serves 6.

U. S. Regional Cook Book

### Crabmeat au Gratin

Put in pan 2 tbsps. of butter, little salt and pepper, add 1 pint crabmeat, cook same for 5 minutes, add 1/4 pint of sweet cream, the yolks of 2 eggs, cook same and stir for 4 minutes.

Place the mixture in a pyrex or deep silver dish, add grated cheese flakes with little butter on top and bake in oven until golden brown.

Gourmet's Guide to New Orleans

### Crab Pie

Crabs	Cream or milk
Stale bread	Salt, pepper, lemon
Butter	

Boil the crabs with a little salt. Pick them. Slice bread very thin and butter it on one side. Let it soak in cream or milk. Put a layer of this bread at bottom of baking dish, then a layer of crab meat, salt, pepper, bits of butter and very thin slices of lemon. On this, place another layer of bread, then crab meat as before, and repeat until dish is filled, ending with buttered bread.

Gourmet's Guide to New Orleans

Crab, Celery, and Rice Escallop

2-1/2 cups cooked rice	1/2 tsp. salt
1 green pepper, minced	1/4 tsp. paprika
1 cup minced cooked celery	3 tbsps. butter or margarine
1/2-pound (can) flaked crab meat	1/2 cup fine dry bread crumbs
3/4 cup grated American cheese	

Oil a baking dish. Put in a layer of the rice mixed with the green pepper and celery. Cover with half the crab meat. Sprinkle with half the cheese, the salt and paprika and dot with half the butter. Pour in the milk; put in the remaining rice mixture; cover with the crumbs, dot with the remaining butter and bake 30 minutes in a moderate oven, 350 degrees F.

Ida Bailey Allen's Money-Saving Cook Book

Indian River Crab Salad

Mix 1 cup celery diced, 1/2 cup chopped cucumber, 1/4 cup sweet pickle chopped, 2 cups crab meat, and if desired 1/4 cup chopped olives. Add 1/4 cup chili sauce to 1 cup mayonnaise. Mix dressing with other ingredients. Serve on lettuce.

160 Easy-to-Prepare Seafood Recipes

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