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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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CRAB SALADS MAKE WONDERFUL SUMMER MEALS

Hot summer days are salad days. Vary your summer menus and satisfy your hungry family at the same time by serving a molded crab salad.

A molded salad is an easy way to turn out a hearty and attractive meal with little fuss. Molding it in the shape of a fish, with eyes of sliced, stuffed olives, and arranging on a platter garnished with water cress, gives you a summer salad pretty as a picture.

Here's the recipe for a delicious and nutritious salad that can be made from fresh, frozen or canned crab meat now plentiful on the market according to the Fish and Wildlife Service.

MOLDED CRAB SALAD

- |                                    |                                                |
|------------------------------------|------------------------------------------------|
| 1 pound crab meat                  | 2 tablespoons chopped stuffed olives           |
| 1 teaspoon gelatin                 | 2 tablespoons lemon juice                      |
| $\frac{1}{4}$ cup cold water       | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| $\frac{1}{2}$ cup boiling water    | $\frac{1}{4}$ cup catsup                       |
| $\frac{1}{2}$ cup chopped celery   | $\frac{1}{4}$ teaspoon salt                    |
| 2 tablespoons chopped sweet pickle |                                                |

Remove any shell or cartilage from the crab meat. Soften gelatin in cold water for 5 minutes. Add boiling water and stir until dissolved. Add remaining ingredients. Place in a mold; chill until firm. Unmold on salad greens. Serves 6.

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