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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SUMMERTIME IS CRABBING TIME

Along the Atlantic Coast, summertime is crabbing time and seafood enthusiasts thoroughly enjoy the delicacies concocted from crab meat. On the Pacific Coast the large Dungeness and the giant king crabs provide the gourmet fare.

Crabs are one of our most popular shellfish, being tender white-meated with a distinctively sweet flavor. Today, due to modern fishing, processing and marketing methods, crabs are available--alive, cooked in the shell, as crab meat, and canned--in most parts of the country. Crab meat is an excellent source of high quality protein and contains vitamins and minerals necessary to good nutrition.

Crab meat is the most common form in which crabs are marketed. It is picked from cooked crabs, packed, chilled, and sold by the pound. Different forms are available depending upon the species of crab.

The home economists of the Fish and Wildlife Service suggest a popular favorite "Imperial Crab" to vary your summertime menu.

IMPERIAL CRAB

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| 1 pound crab meat                         | $\frac{1}{2}$ cup milk                      |
| 2 tablespoons chopped onion               | $\frac{1}{2}$ teaspoon salt                 |
| 2 tablespoons chopped green pepper        | Dash pepper                                 |
| 3 tablespoons butter or other fat, melted | $\frac{1}{4}$ teaspoon Worcestershire sauce |
| 2 tablespoons flour                       | 2 hard-cooked eggs, chopped                 |

Remove any shell or cartilage from crab meat, being careful not to break it 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, eggs, and crab meat. Place in six well-greased, individual, shells or five-ounce custard cups. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

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