



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FWS SUGGESTS CRAB CASSEROLE FOR LENT

What to serve for Lent is a question that arises in many homes during this season. Good suggestions are welcome as variety is important at this time. Why not serve a casserole made with crab meat.

Crab meat is the cooked meat from hard shell crabs that is packed in cans and marketed either fresh, frozen, or canned. Crab meat is marketed from four principal kinds of crabs. They are the blue crabs from the Atlantic and Gulf coasts, the Dungeness crabs on the Pacific Coast from Alaska to Mexico, the king crabs from the North Pacific off Alaska, and the rock crabs taken on the New England and California coasts.

Crab meat is tender and possesses a distinctively sweet flavor. It is an excellent source of high-quality proteins, vitamins, and minerals needed for good nutrition. The meat from any type of crab can be used interchangeably in all recipes.

The home economists of the United States Fish and Wildlife Service suggest that you serve "Quick Crab Casseroles", a main dish, which can be prepared by using a fresh, frozen, or canned crab meat.

QUICK CRAB CASSEROLES

1 pound crab meat	Dash pepper
$\frac{1}{2}$ cup cooked peas	$\frac{1}{2}$ cup grated cheese
1 can (10 $\frac{1}{2}$ ounces) condensed mushroom soup	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.

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