



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS ISSUES NEW BOOKLET ON "HOW TO COOK CRABS"

Housewives, home economists, and food editors will be interested in a new fish-cookery publication, How To Cook Crabs, which was released today by the United States Fish and Wildlife Service of the Department of the Interior. The booklet contains 32 choice recipes which have been developed and kitchen-tested by the Service's staff of home economists.

Crabs are one of our popular shellfish because of their tender meat and distinctive flavor. Crab meat also is an excellent source of high-quality proteins, vitamins, and minerals needed for good nutrition. Modern processing and marketing methods now make crabs available almost everywhere in the United States. Crabs are available in these market forms: live; cooked in the shell; cooked and frozen; fresh cooked meat; and canned meat.

As the booklet explains, 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 which compose 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.

The four principal kinds of crabs are pictured in the booklet and their approximate weights are listed. Complete, illustrated instructions are given for picking the meat from blue crabs.

Some of the easy-to-prepare recipes included in the new publication are: Crab Louis, Crab Ravigote, Crab Newburg, Deviled Crab, Imperial Crab, Avocados Stuffed with Crab Meat, and Barbecued Crab Sandwiches.

Generously illustrated, How to Cook Crabs, is listed as No. 10 in the Service's Test Kitchen Series of fish-cookery publications. It may be purchased for 20 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D.C.

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