

# Summertime and the Cooking Is Easy

## Hot Tips On Cool Crab Dishes

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(NAPSA)—It's easy to love rich, sweet, buttery crabmeat. But some seafood lovers are stumped when it comes to actually cooking crab.

The Louisiana Seafood Board offers these tips for the home cook.

Retailers sell fresh-picked crabmeat that's simply boiled or steamed, unseasoned, and ready-to-eat. There's Lump, Special, Claw and Crab Fingers. Lump is chunks of white meat—the most prized, great for showy elegant dishes.

Special is white flaked meat best used in recipes that call for a blend of ingredients. Claw meat is latte-colored; both tasty and economical. And Crab Fingers are the pincers themselves broken open and served as appetizers.

Crabmeat is sold in one pound containers. Check for proper labels: date packaged, weight (16 oz.) and country of origin. For the best taste and quality, always choose American products. It's also a choice that supports our country's rich coastal heritage and a culture that built the seafood industry.

If well iced, fresh crabmeat has a shelf-life of ten days from date packaged. Fresh crabmeat can be frozen for up to two months with fair results.

Serve crabmeat simply, to preserve its delicate flavor. Try this summer salad.

### **Crabmeat Nicoise**

**1 lb. Louisiana lump  
crabmeat**

**½ medium lemon**



**Sweet Louisiana blue crab.**

**8 small, red potatoes,  
unpeeled**

**1 lb. fresh green beans,  
halved**

**⅓ cup olive oil**

**⅓ cup white wine vinegar**

**2 green onions, chopped**

**¼ tsp. salt**

**¼ tsp. pepper**

**6 cups or 1 head butter  
lettuce, torn**

**⅓ cup small ripe black olives**

**1 cup cherry tomatoes, halved**

**Squeeze lemon juice over crabmeat; gently fold with fork. Refrigerate. Boil potatoes 15 minutes, drain. Cool and cut in halves, place in shallow dish. Boil beans 5 minutes or until tender-crisp, drain. Cool, add to potatoes. In small jar with tight lid pour oil, vinegar, onion, salt & pepper, and shake well; pour ⅓ of dressing over potatoes & beans, stir, cover, and refrigerate 2 to 24 hours. To serve, arrange lettuce on four plates, spoon on potato mix, divvy up crab, add tomatoes and olives, drizzle with dressing. Serves 4**

For more tips for the home cook, visit [www.LouisianaSeafood.com](http://www.LouisianaSeafood.com).