

## CRAB LOUIS WINS APPLAUSE

Mrs. Rose Kerr, former Chief of the National Home Economics Research Center in College Park, Maryland, says no list of favorite seafood recipes is complete without Crab Louis.

This famous recipe was originated by the chef at the Olympic Club in Seattle, Washington. The story goes that the first time the famous tenor Enrico Caruso tried Crab Louis, he liked it so well he ate all there was in the restaurant.

The two Louis Dressing recipes given here vary from the original but are equally delicious. One is a simplified version, the other--for calories counters--omits the whipping cream.

Choose your own favorite crabmeat for this entree. Whether it is king, Dungeness, blue, or snow, it will be low in calories and provide high-quality protein, vitamins, and minerals for good nutrition.



## LOUIS DRESSING

- $\frac{1}{2}$  cup mayonnaise or salad dressing
- 2 tablespoons chili sauce
- 2 tablespoons chopped green onions
- 2 tablespoons chopped green pepper
- 1 hard-cooked egg, chopped
- 1 tablespoon chopped olives
- $\frac{1}{2}$  teaspoon lemon juice
- Dash salt
- Dash pepper

Combine all ingredients and chill. Makes approximately 1 cup dressing.

## LOUIS DRESSING

- 1 cup mayonnaise or salad dressing
- 3 tablespoons catsup
- 2 tablespoons chopped sweet pickle
- 1 tablespoon lemon juice

Combine all ingredients and chill. Makes approximately 1 cup dressing.

## CRAB LOUIS

- 1 pound crabmeat, fresh or frozen
- 3 cans ( $6\frac{1}{2}$  or  $7\frac{1}{2}$ <sup>or</sup> ounces each) crabmeat
- 1 head lettuce
- $\frac{1}{2}$  teaspoon salt
- 1 cucumber, sliced
- 4 tomatoes, sliced
- 3 hard-cooked eggs, sliced
- Louis Dressing

Thaw crabmeat, if frozen; drain. Remove any remaining shell or cartilage, being careful not to break the crabmeat into small pieces. Shred lettuce and place in a large shallow salad bowl. Sprinkle with salt. Arrange the crabmeat over the lettuce. Place alternate slices of cucumbers, tomatoes, and eggs around edge of bowl. Spread Louis Dressing over the crabmeat. Makes 6 servings.

(Source: NMFS, NOAA, U.S. Department of Commerce, 100 East Ohio St., Room 526, Chicago, Ill. 60611.)