

## 'Seafood Moods'—

# Sweet and Sour King Crab

A new Recipe booklet featuring "Seafood Moods" of Washington, Oregon, and Alaska, has been released by the Department of the Interior's Bureau of Commercial Fisheries (BCF).

Dr. Leslie L. Glasgow, Assistant Secretary of the Interior for Fish and Wildlife, Parks and Marine Resources, pointed out that for years, many of the advanced processing techniques, packaging methods and transportation have made it possible for housewives all over the nation to enjoy traditional culinary favorites of the Northwest.

Illustrated in color, the booklet includes such dishes as:

### SWEET AND SOUR KING CRAB

2 packages (6 ounces each)  
frozen king crabmeat  
1 cup sliced onion  
1 small green pepper, cut in  
1-inch squares  
¼ cup butter or margarine  
1 can (1 pound 4 ounces)  
pineapple chunks in heavy syrup  
½ cup sugar  
2 tablespoons cornstarch  
½ teaspoon dry mustard  
¼ teaspoon salt  
½ cup vinegar  
1 tablespoon soy sauce  
2/3 cup cherry tomato halves  
or thin tomato wedges  
6 servings, hot, cooked, seasoned, plain or almond rice or chow-mein noodles

until thick and clear. Fold in pineapple chunks, crabmeat, and tomatoes. Heat; serve over rice or noodles. Makes 6 servings.

Copies of the recipe booklet

are available, at 60 cents each, from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Thaw frozen crabmeat. Saute onion and green pepper in butter or margarine until onion is tender, not browned. Drain pineapple; reserve syrup. Combine sugar, cornstarch, mustard, and salt. Stir in pineapple syrup, vinegar, and soy sauce; mix well; add to onion-green pepper mixture. Cook, stirring constantly,