

CLUES ACROSS

- 1. Entice
- 5. Chin hair
- 8. Stream
- 9. Carousal
- 10. Passageway
- 11. Kitchen garment
- 12. Challenge
- 15. Oral
- 17. Dismissed
- 18. Filched
- 20. Pitch a tent
- 25. Swamp
- 26. Forego
- 27. Outstanding
- 28. At no time
- 29. Correct
- 30. Darkness

CLUES DOWN

- 1. Proved
- 2. Reflector
- 3. Step
- 4. Avoid
- 5. Marked
- 6. Engulf
- 7. Heavy engine oil
- 13. Astern
- 14. Conquer
- 15. Annoy
- 16. Limb
- 17. Inflame
- 18. Not as fast
- 19. Pleasure trip
- 21. Performing
- 22. Dilemma
- 23. Yearn
- 24. Clipped

CROSSWORD

(For Answers, See Page 54)

CRAB COOKERY

Preparation Part Science, Part Art

Preparing crabs successfully is part science, part art, and can be lots of fun, especially when you catch, clean and cook your own.

Don't have the time? Start at your local seafood market or grocery store instead.

Purchase Live Or Processed

When purchasing crab, choose from live, whole crabs or fresh or pasteurized meat. Whole crabs must be alive. If they have been stored in a refrigerator they may be dormant. Gently nudge or pull on one of the claws; if the crab is alive, it will pull back slightly. If crab hangs completely limp when held, it is probably dead. Never cook or eat a dead crab.

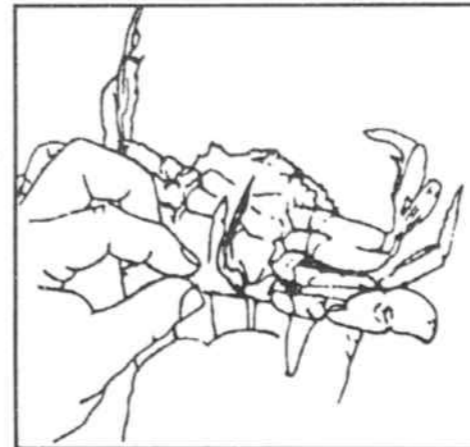
Fresh crab meat has been cooked, picked and packaged, usually in plastic containers that feature an expiration date. Pasteurized crabmeat is cooked in the container and varies little in taste and texture from fresh meat.

Choose from three grades: Lump, flake and claw. Lump or backfin is the choicest meat. Lump comes from the muscle that moves the two swimming fins on the crab. It is used in dishes where the appearance of the meat is important.

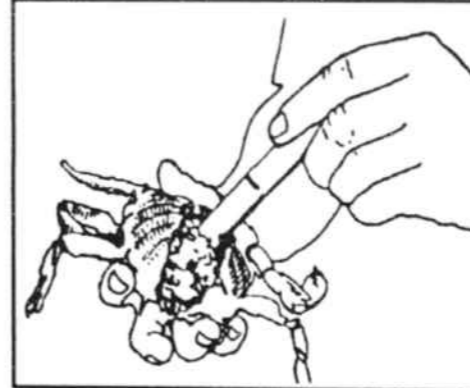
Flake is the body meat, regular or white, very flaky and the most common type available. Claw is the flavorful meat from the claws; its brownish appearance makes it the least expensive variety.

Store, Handle With Care

Crab is highly perishable and should be kept in the coldest part of the refrigerator; any not to be used within seven days should be frozen. The shelf life of pasteurized meat varies greatly depending upon the container. Canned pasteurized meat may be kept for approximate-



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immediately or cool almost to room temperature and refrigerate.

To boil: bring a large pot of heavily seasoned (use a commercial "crab boil" or seafood seasoning mix or make up your own) water to a rapid boil. The water should be much spicier than you want the crabs to be. Plunge crabs into the water face first; tongs are a very good tool for this. Bring the water to a second boil and simmer for about 15 minutes. Drain. Serve immediately or cool and store.

To steam: To cook three dozen crabs, in a pot or bowl, combine 1/2 cup powdered seafood seasoning mix, 1/4 cup salt, 3 cups white vinegar and 3 cups beer or water. Layer half the crabs in a large steamer pot. Pour half the liquid over the crabs. Place the rest of the crabs in pot and cover with remaining liquid. Steam, covered, until crabs turn bright red, about 20 to 25 minutes. Serve immediately.

Picking Your Own?

Picking crab meat isn't difficult, although it is time consuming. Just take it step by step.

1. Pull off the large claws.
2. Place a knife under the point of the "apron," the pointed flap on the belly of the crab (Figure 1), pull up, and use as a tab to remove the back of the crab.
3. Scrape out the viscera (Figure 2) and feathery gills (also known as the "dead man") and rinse.
4. Cut or twist off the walking legs.
5. Break the body in half from front to back.
6. Slice crosswise through the body halves with a small, sharp knife, and pick the meat out of the chambers. The large solid piece of meat at the back of the crab body is the "lump" and should be picked out in one piece as this is the choicest part of the crab.

ly one year.

Remove the backs and viscera from whole, cooked crabs if they are to be refrigerated or frozen more than two days. Do not freeze raw crabmeat. For best quality, use frozen crabmeat within three months. Picked crabmeat may be frozen in zip-type plastic bags in the amount you commonly use. Place meat in bag and cover with milk to protect flavor and texture. Flatten the bag carefully, squeezing out all the air but not the liquid. Seal the bag and freeze.

Cleaning Easier Than It Looks

The mysterious sounds emanating from that covered bucketful of crustaceans may give you a moment's pause, but those rustles and clicks mean your crabs are alive and ready for the cook pot!

Crabs must be cooked while alive, unless killed immediately before cooking. Once cooked, serve

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