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## Crab Recipes

### Crab Bruschetta

#### Ingredients

- 1 baguette
- 1 can (120 g) [Clover Leaf Chunk Crabmeat](#), drained
- 1 cup (250 mL) diced and seeded fresh tomatoes (1 large)
- 2 cloves garlic, crushed
- 1 tbsp (15 mL) olive oil
- 1 tsp (5 mL) lemon juice
- 1/4 cup (50 mL) torn fresh basil leaves (or 1 tbsp/15 mL dried basil)
- 1/2 cup (125 mL) shredded feta or mozzarella cheese



#### Preparation

Slice the bread in half lengthwise and broil until lightly browned. In a medium bowl, mix crabmeat, tomatoes, garlic, oil and lemon juice; stir in basil. Spread mixture over toasted bread; sprinkle with cheese. 3. Broil 2-3 minutes or until cheese is melted. Makes 4-6 lunch servings or 16 appetizers.

**Nutritional Information per serving: Calories 70, Fat 2g, Sodium 200mg, Carbohydrate 8g, Fibre 0g, Protein 3g.**

**Hint:** Substitute 2 tbsp (30 mL) grated Parmesan cheese for feta. Prepare crab mixture a few hours ahead; then top bread and broil at serving time.



### Crunchy Mini Crab Cakes

#### Ingredients

- 8 soda crackers, finely crushed
- 2 cans (120 g each) [Clover Leaf Crabmeat 15% Leg meat](#), drained
- 1 egg, lightly beaten
- 1/4 cup (50 mL) finely chopped green onions
- 4 tsp (20 mL) light mayonnaise
- 1/2 tsp (2 mL) hot pepper sauce
- 1/4 tsp (1 mL) Worcestershire sauce
- 1/4 tsp (1 mL) dried oregano leaves
- 1/4 tsp (1 mL) grated lemon rind
- 1/3 cup (75 mL) corn flake crumbs
- 2 tbsp (30 mL) grated Parmesan cheese

#### Preparation

In large bowl, combine crackers, crabmeat, egg, onion, mayonnaise, hot sauce, Worcestershire sauce, oregano and lemon rind. Divide mixture into 12 portions and pat into small patties, about 2-inch (5 cm) rounds; set aside. In large, shallow dish combine corn flake crumbs and cheese. Coat all sides of patties in crumb mixture. Place on lightly greased baking sheet. Bake at 400°F (200°C) 8 minutes, turn and cook 8-10 minutes longer or until crumbs are golden brown.

Makes 12 mini crab cakes.

**Nutritional Information per serving: Calories 40, Fat 1.5g, Sodium 105mg, Carbohydrate 4g, Fibre 0g, Protein 3g.**



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## Crab Recipes

### New Orleans Seafood

#### Ingredients

- 2 tsp (10 mL) vegetable oil
- 2 slices bacon,
- 1 each onion and green pepper, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) each cumin and chili powder
- ¼ tsp (1 mL) each hot pepper flakes, allspice, salt and pepper
- 1 cup (250 mL) long grain rice
- 1 ½ cups (375 mL) each low sodium chicken broth and tomato juice
- 2 tbsp (30 mL) lemon juice
- 1 can (106 g) [Clover Leaf Cocktail or Medium Shrimp](#), drained
- 1 can (85 g) [Clover Leaf Chopped Ocean Clams](#)
- 1 can (120 g) [Clover Leaf Chunk Crabmeat](#), drained
- 2 tbsp (30 mL) each chopped fresh parsley and green onions

#### Preparation

Heat the vegetable oil in a large skillet set over medium heat. Add the bacon, onion, green pepper, garlic, cumin, chili powder, hot pepper flakes, allspice, salt and pepper. Cook, stirring, for 5 minutes or until vegetables are tender and bacon is browned. Add the rice, stirring to coat with the spices. Stir in the chicken broth, tomato juice and lemon juice. Bring to a boil. Cover and reduce the temperature to medium-low. Simmer, covered, for 15 minutes. Remove the cover and stir in the shrimp, clams and crab. Continue to cook, covered, for an additional 3 to 4 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley and green onion. Makes 6 servings.

**Nutritional Information per serving: Calories 130, Fat 3g, Sodium 590mg, Carbohydrate 16g, Fibre 2g, Protein 11g.**



### Zesty Crab Spread

#### Ingredients

- ½ pkg (250 g) light cream cheese, softened
- ¼ cup (50 mL) light sour cream
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) horseradish
- 1 clove garlic, minced
- 1 can (120 g) [Clover Leaf Crabmeat 15% Leg meat](#), drained
- 1/3 cup (75 mL) finely diced red or green pepper
- Minced fresh parsley or paprika (optional)

#### Preparation

In a small bowl beat cheese, sour cream, lemon juice, horseradish and garlic until smooth. Flake the crabmeat into bowl; stir in red pepper and mix until well blended. Spoon into serving dish. Cover and refrigerate. Uncover at time of serving and sprinkle with chopped parsley or paprika. Serve with crackers, sliced baguette, snow peas or endive leaves. Makes 1 1/3 cups.

**Nutritional Information per serving: Calories 60, Fat 4g, Sodium 140mg, Carbohydrate 2g, Fibre 0g, Protein 4g.**





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## Crab Recipes

### Gourmet Crab Cakes

#### Ingredients

2 cans (120 g each) [Clover Leaf Chunk Crabmeat](#), drained  
¾ cup (175 mL) finely crushed soda crackers, divided  
¼ cup (50 mL) finely chopped green onions  
¼ cup (50 mL) mayonnaise or light mayonnaise  
¼ cup (50 mL) grated, peeled granny smith apple  
¼ cup (50 mL) finely chopped red pepper  
1 tbsp (15 mL) finely chopped lemon zest  
2 tbsp (30 mL) lemon juice  
2 tbsp (30 mL) finely chopped chives  
1 egg yolk  
½ tsp (2 mL) cayenne  
Caper Dip  
2 tbsp (30 mL) mayonnaise or light mayonnaise  
¼ cup (50 mL) sour cream  
2 tsp (10 mL) capers, finely chopped

#### Preparation

1. Preheat oven to 400°F (200°C) . In large bowl, combine Clover Leaf Chunk Crabmeat, 1/4 cup (50mL) of the crushed crackers, green onions, mayonnaise, apple, red pepper, lemon zest, lemon juice, chives, egg yolk and cayenne. Divide mixture into 12 portions and shape into small patties, about 2 inches (5 cm) in diameter; set aside.
2. In shallow dish, place remaining crushed crackers. Coat all sides of patties in crumb mixture. Place on a lightly greased baking sheet. Bake for 8 minutes. Turn and cook 8-10 minutes longer or until crumbs are golden brown.

#### Dip Instructions:

In bowl, combine all ingredients and mix thoroughly. Place on serving tray with Crab Cakes for dipping. Garnish as desired.

**Nutritional Information per serving: Calories 70, Fat 4g, Sodium 240mg, Carbohydrate 5g, Fibre 0g, Protein 4g.**

**Hint:** Try making mini crab cakes. Divide mixture into 24 portions and shape into small patties about 1 1/4 inches (3cm) in diameter. Bake as above.

Makes 12 cakes.





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## Crab Recipes

### Party Time Crab Empanadas

#### Ingredients

- 1 1/3 cups (325 mL) all-purpose flour
- ¼ tsp (1 mL) salt
- 1/3 cup (75 mL) butter
- ¼ cup (50 mL) cold water
- 4 oz (125 g) brick-style cream cheese, softened
- 2 cans (120 g each) [Clover Leaf Chunk Crabmeat](#), drained
- 1 red chili pepper, very finely chopped
- 1 clove garlic, minced
- 2 tbsp (30 mL) each finely chopped red onion and fresh coriander leaves
- ½ tsp (2 mL) each ground cumin and dried oregano leaves
- ¼ tsp (1 mL) pepper
- 1 egg, beaten



#### Preparation

1. Place the flour and salt in a food processor fitted with a metal blade; pulse to combine. Add butter and pulse until mixture resembles coarse oatmeal. With the machine running, slowly add the water, blending until the dough is moistened and starts to clump. Transfer the dough to a clean surface and knead 2 to 3 times to form a ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes.
2. Meanwhile, blend the cream cheese with the crab, chili pepper, garlic, onion, coriander, cumin, oregano and pepper until well combined.
3. Preheat the oven to 400°F (200°C) . Roll out dough on a well-floured surface until very thin. Use a cutter or the rim of a drinking glass to cut out 4-inch (10 cm) rounds. Place an equal amount of the crab filling in the centre of each round. Brush the exposed dough with egg and fold over to enclose filling. Crimp the seam decoratively to seal tightly; cut a small slash on the top of each empanada. Brush the tops with remaining egg.
4. Place empanadas on a parchment paper-lined baking sheet. Bake for 25 to 30 minutes or until golden brown. Serve warm. Makes about 20 pastries.

**Nutritional Information per serving: Calories 90, Fat 5g, Sodium 220mg, Carbohydrate 8g, Fibre 0g, Protein 3g.**

#### Hints:

1. Omit coriander and substitute chopped fresh parsley if preferred.
2. Freeze the unbaked empanadas on a baking sheet until firm. Transfer to a ziptop bag. Bake from frozen for 20 minutes or until golden.
3. This recipe also works when you substitute chunk crab meat with 2 cans of Clover Leaf Crabmeat 15% Legmeat. Chop the leg meat before blending in preparation step #2.



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## Crab Recipes

### Thai Chili Mango Crab Wraps

#### Ingredients

- 1 can (120 g) [Clover Leaf Chunk Crabmeat](#), drained
- 1 cup (250 mL) diced, peeled mango
- ¼ cup (50 mL) each finely chopped red pepper and red onion
- 1 tbsp (15 mL) Thai sweet chili sauce
- 2 tsp (10 mL) rice wine vinegar or lime juice
- 1 tsp (5 mL) toasted sesame oil
- 20 small, 6-inch (15 cm) rice paper wraps
- Boston or leaf lettuce leaves
- 1 cup (250 mL) bean sprouts
- ½ cup (125 mL) lightly packed cilantro leaves
- Thai sweet chili sauce for dipping



#### Preparation

1. Toss the crab with the mango, red pepper, onion, sweet chili sauce, rice wine vinegar and sesame oil until combined. Reserve.
2. Lay out a clean tea towel on a flat working surface. Dip one rice paper wrap in a bowl of hot water for 15 seconds or until pliable. Pull wrapper out of the water and place on the towel to drain. Blot lightly with a second clean towel.
3. Tear a piece of lettuce to fit into the centre of the wrap; place the lettuce so that the frilly edge overhangs the top edge slightly.
4. Place 1 tbsp (15 mL) of the crab mixture in the centre of the lettuce. Top with a small amount of the bean sprouts and cilantro leaves. Fold the bottom third of the wrap up over the filling. Roll tightly from one side to the other, enclosing the filling but leaving the top end open, with the filling peaking out.
5. Repeat with remaining wraps and filling. Serve with additional sweet chili sauce for dipping.

Makes 10 servings.

**Nutritional Information per serving: Calories 90, Fat 1g, Sodium 140mg, Carbohydrate 17g, Fibre 1g, Protein 4g.**