



CALAIS CRAB DIP

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Ingredients:

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|-------------------|------------------------------|
| Cream cheese | 8 ounces |
| Yogurt cheese | 16 ounces (directions below) |
| Fresh Maine crab | 16 ounces |
| Mayonnaise | 3 Tbsp. |
| Old Bay seasoning | 3 Tbsp. |
| Powdered milk | 1 Tbsp. |

Procedure:

- Mix all ingredients in a bowl until well blended. Serve with crackers or toasted slices of French bread.

YOGURT CHEESE

Procedure:

- To make 16 ounces of yogurt cheese, line a colander with several layers of cheese cloth and place in a large bowl. Spoon 1 quart of plain yogurt (without gelatin) into the lined colander and cover with plastic wrap. Refrigerate for 10-24 hours. Periodically pour out liquid that has drained into the bowl.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.