



CALAIS CRAB DIP

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Ingredients:

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.