



**HOT SPINACH SALAD** dressed up with crumbled bacon, chopped hard-cooked eggs and avocado wedges is the latest distinctive salad creation from the West Coast.

## King Crab Is California Salads Set Ruler Here Style for the Nation

Dishes that are easy to prepare and delectable to savor can begin with a can of crabmeat.

Since canned Alaska Crab is fully cooked, there is no advance preparation for its use in salads, sandwiches, cocktails and hot dishes.

Here are two recipes. One is cold while the other is hot and both make summer entrees of note.

**CRAB SALAD**  
1 can (7½ oz.) Deming's King Crab  
2 medium tomatoes  
3 avocados, peeled and sliced  
1½ cups sliced celery  
2 green onions, chopped  
2 tbs. capers  
½ cup mayonnaise  
Salad greens

Drain and flake crabmeat. Save liquid. Chop two tomatoes coarsely and toss with crabmeat, avocados, celery, onions and capers.

Line bowl with salad greens and fill with crab salad mixture. Garnish with remaining tomato cut in wedges.

Add crab liquid to mayonnaise and serve with salad. Serves five or six.

**CRAB POLYNESIAN**  
1 cup sliced celery  
1 can (No. 211) pineapple chunks  
2 tbs. cornstarch  
2 tbs. vinegar  
1 tbs. sugar  
½ cup cold water  
1½ tsp. soy sauce  
1 can (7½ oz.) Deming's King Crab

Cook celery until just tender. Set aside. Drain ½ cup juice from pineapple and mix with cornstarch, vinegar, sugar, water, soy sauce and liquid from canned crabmeat.

Cook until thick and clear. Add celery, pineapple chunks and crabmeat and heat. Serve over fluffy hot rice or Chinese noodles.

### Meat Schedules

Frozen roasts should be cooked in the same manner as roasts that are not frozen: 300 degrees to 325 degrees for fresh beef, veal, lamb or cured pork; and 325 degrees to 350 degrees for fresh pork.

However, frozen roasts require approximately ¼ to ½ again as long for cooking as thawed roasts.

Visitors to California from other sections of the country never cease to comment on the variety of appetizing salads they are served in homes and restaurants.

The combination of ingredients in the salads and the flavor interest and eye appeal bring high praise and requests for the recipe.

With today's suggestion you can treat your friends to one of the state's finest examples of palate-satisfying salads.

It's a witted spinach concoction tossed with green onion, crumbled bacon and Italian dressing. Chopped cooked eggs and avocado wedges surround the spinach.

### HOT SPINACH SALAD

3 avocados  
Lemon juice  
Salt  
2 lbs. fresh spinach  
½ cup Italian dressing  
¼ cup sliced green onion  
3 slices crisp bacon, crumbled  
Romaine spears  
2 hard-cooked eggs  
Cut avocados lengthwise into halves; remove seeds and skin. Quarter each half lengthwise; sprinkle with lemon juice and salt.

Remove coarse stems from spinach; wash leaves well and drain. Steam, covered, in large saucepan (without adding water) until leaves start to wilt; drain well.

Four dressing over spinach and sprinkle with ¼ teaspoon salt, onion and bacon. Toss lightly to coat spinach with dressing.

Line six individual serving molds with romaine spears; mound spinach mixture in centers. Arrange four avocado wedges around spinach in each bowl.

Chop egg coarsely and sprinkle over spinach. Serve immediately. Serves six.

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