



MARYLAND Seafood & Aquaculture



MEDITERRANEAN CRAB AND BOW TIE PASTA SALAD

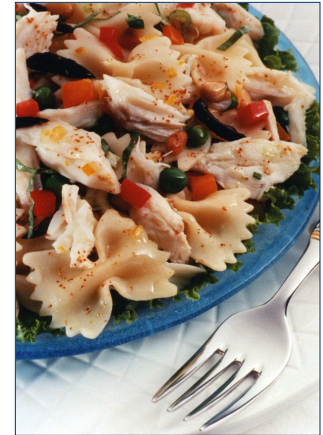
This pretty pasta salad with its zesty lemon taste enhances the rich, delicate flavor of Maryland crab. Bright orange peppers, green peas, and jet-black olives offer lively color contrast. Serve for a warm-weather supper with toasted garlic bread or as part of your next party buffet. You can easily make the salad a day ahead, but add the crab (for the freshest taste) and peas just before serving to retain the bright green color of the peas.

1 pound Maryland lump or backfin crabmeat

Sunshine Dressing:

1 tablespoon grated lemon zest
1/2 cup lemon juice
1 tablespoon sugar
1 tablespoon salt
1/2 teaspoon freshly ground black pepper
1/4 to 1/2 teaspoon cayenne pepper
1/4 cup olive oil

3/4 pound bow tie pasta
3 cups frozen peas
1 orange or red pepper, seeded, finely chopped (1 cup)
1/2 cup finely chopped green onion, green and white parts
1/3 cup slivered oil-cured black olives (about 15 olives)
1/2 cup toasted pine nuts or slivered almonds
1/4 cup finely shredded fresh basil or minced parsley



1. Pick through the crabmeat and discard any shell. For the dressing, stir together the lemon zest, lemon juice, sugar, salt and cayenne until sugar and salt are dissolved. Whisk in the olive oil. Set dressing aside.
2. Cook pasta in lots of boiling salted water according to package directions. One to two minutes before the pasta is cooked, stir the peas into the pasta and water, and cook until tender. Drain pasta and peas in a strainer, and immediately place under cold running water to chill and stop cooking. Shake strainer to remove excess water to avoid diluting the dressing.

- 3.** In a large bowl, mix the pasta, peas, orange pepper, onions, olives, pine nuts and basil. Spoon dressing over salad and toss; add crab and gently toss. Taste and adjust seasonings.

Makes 6 servings, about 2 ¼ cups each