

SEA FARE'S CRABMEAT IS OUT OF THIS WORLD!

NASA shuttle mission STS119 traveled to the International Space Station (ISS) in March, 2009. Each astronaut is allowed a "bonus food allotment" to bring some of the comforts of home to outer space. For one of the astronauts, the choice includes several cans of Miller's Select Jumbo Lump Crab Meat.

"The Miller family and everyone at Sea Fare is honored to be playing a part in NASA's Space Program," said Chris Miller, President of Sea Fare Foods Corp. "For over 30 years, we have meticulously packed the freshest-tasting, shell-free crabmeat available."

The process of preparing food in space presents some challenges. Sea Fare's Miller's Select is up to the task. Mixed with a few condiments or right from the can, the pre-cooked crab chunks are ready to eat. NASA astronaut, Sandy Magnus, returns home after nearly 4 months on the International Space Station on shuttle mission STS119. When time permitted, Sandy spent some of her time in the space station galley and according to the link below "worked hard to expand the frontiers of cooking in space." For a fascinating description of her culinary efforts, go to:

http://www.nasa.gov/externalflash/magnus_cook/index.html

Here on earth, there is no need to mix ingredients in plastic or foil bags to enjoy the delicious flavor of Miller's Crab at home. The classic 3-minute crab salad requires only a few basic ingredients and is always a hit at parties or perfect as an entree salad:

3-MINUTE CRAB SALAD

1 can Miller's Select or Sea Fare Crab Meat, drained	Dash of Tabasco sauce (optional)
2-3 Tbsp mayonnaise	Pinch of curry powder (optional)
1 tsp lemon juice	Dash of Worcestershire (optional)
1 Tbsp chopped green onion	

Blend mayonnaise with lemon juice, green onion and any of the optional ingredients. Gently fold in the crab meat. Serve with crackers as an appetizer or on lettuce leaves or avocado halves for a luncheon entree.

Those not aboard the space station can try a more complex dishes. For more recipes, click on the 'recipe' tab.