

# CRAB SPECIES FACTS

SEAFOOD



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## Snow Crab Species -Code 8348827, 1618024

### **Snow Crab** Chionoecetes opilio, C. bairdi, C. tanneri, C. japonicus **Opilio, Bairdi, Tanner, Spider Crab**

With a sweet succulent taste and firm, flaky flesh similar to king crab, the meat is cooked and frozen from mature hard shell crab. The Opilio and Bairdi crabs are found in Alaskan waters while the Tanneri (tanner), or queen is found off the Atlantic coast of Canada.

**The Bairdi** Code 8348827 is the largest of the group weighing 5 Lbs. and measuring 3 feet from tip to tip. The Bairdi yields clusters weighing between 10 to 16 ounces. (most Bairdi is exported to Japan) item number 8348827 is Ocean Wise status.

**The Opilio** Code 1618024 from Alaska is about half the size of the Bairdi yielding clusters weighing about 8 ounces. The Opilio from Canada run smaller at 3 to 8 ounces.

**Spider** (commercially called Queen crab) is caught off the coasts of Japan and Korea. It is sold to the unwary as King crab. It is sold in the U.S. frozen in 5 pound blocks. Its appearance is similar to the King crab, however, the legs are much thinner and softer than those of the King crab. Although it isn't as sweet as the Blue, King or Dungeness, it is suitable in casserole dishes. Thousands of pounds are sold in this country each year



**Opillio Snow Crab    Bairdi Snow Crab    Tanneri Snow Crab    Spider Crab/Queen**

## Cooking Methods

**Boiling** - Place the frozen crab legs into a large pot of boiling water. Add Old Bay Seasoning to taste and boil the crab for about 6-8 minutes - enough for the meat to be heated. Once finished, place the crab legs onto a paper towel to drain. Get out the nut cracker or crab cracker and enjoy!

**Steaming** - Place the crab legs into a large pot with about 1/4 of a pot of water. Add your crab legs and place a lid tightly on the top of the pot. Steam the crabs for 6-8 minutes until they are heated through. Serve hot with melted butter! Yum

**Microwave ?** - I haven't personally done this myself but I've been told that you can also microwave the crab legs. What you need to do is wrap the crab legs (frozen) in a paper towel that is dampened and use the defrost mode in the microwave to defrost the crab for around 5 minutes. This probably isn't the best way to heat them but I guess if you're into microwaving then you might like this method of reheating the crab meat.

**Baking in Oven** - If you have a lot of crab legs and can't fit them all into the pot, you might want to consider placing them in the oven on a sheet of aluminum foil on a cookie sheet. Wrap the crab legs in the aluminum foil with a small hole for the steam to escape and bake them for around 15 minutes at 450 degrees F.

**Grilling** - Place the crab legs in aluminum foil and make sure that they are about 6 inches away from the heat source. Grill the crab legs for about 15 minutes on medium - high heat.

# King Crab Species-6304929

**Red King Crab:** Code 6304929, The mighty red King Crab is dubbed the most prized species of crab in the world. Found in the waters of Alaska's Bristol Bay and Norton Sound, the red variety of king crab is by far the best tasting of the three types. This type of King crab boasts beautiful white meat tinged with shades of red and is best served steaming hot. The exterior of the crab is dark red when caught and turns bright after cooking. Red king crab harvest varies from year to year, with some years offering a long harvest and others lasting only a few days. Regardless of the length of the harvest, figures show that nearly 2 billion pounds of red king crab been taken from Bristol Bay and Norton sound since Alaska became a state in 1959, with a net worth of about 1.6 billion. Only sockeye salmon has been dubbed more valuable. US trap caught crab is Ocean Wise

**Blue King Crab:** Most of the blue consumed in North America is caught in the waters near St. Mathew Island and the Pribilof Islands between Russia and Alaska near the Bering Strait. This species is best known for their gargantuan claws, often making this the largest of the three king crab. The tasted is a close second to the red variety and diners re always astounded at the size of this species leg and claw. When the blue King crab is alive, It's actually brown in color but tinged with blue highlights. When it's cooked, it turns an orange red color. That's why many stores market it as red king crab and it can taste nearly as good if it is prepared correctly.

**Golden (or Brown) King Crab:** These much smaller crabs are caught in the waters surrounding Alaska's Aleutian Islands in deeper water than the other varieties. Because the golden crabs are smaller they produce much less meat but are more affordable than the red or blue variety. Its tasted is very similar, perhaps even a bit sweeter than its bigger brothers.



Whole Red King Crab



Whole Blue King Crab



Brn (Gold) King Leg/Claw

## Cooking Methods

**Steamed:** When steaming pre-cooked Alaskan king crab legs, simply place two cups of water and a tablespoon of salt in a pot and bring it to a boil. Place the crab legs in the pot on a rack over the boiling water. When the water starts to boil again, cover with a lid and cook for about six minutes or when they begin to emit a "cooked odor", they should be ready to eat.

**Boiled:** To boil crab legs, simply fill a large saucepan half full of cold water and bring to a boil. Add a tablespoon of salt and the seasoning of your choice, if any. When the water begins to boil add the crab legs and reduce the heat to medium. Allow them to simmer for about six minutes. Take the crab legs out of the water, rinse and they are ready to eat.

**Grilled:** To grill crab legs you need to brush olive oil on all sides of the crab legs to prevent them from sticking. Then place the crab legs on a hot grill of 300 degrees for about five minutes, turn over and cook for another five minutes until they are heated all the way through. Remove from the grill and serve with butter or sauce.

## Rock Crab– Code 8275133, 0221440



*Cancer irroratus* inhabit the Atlantic ocean, and are extensively distributed along North America's east coast. Their range stretches as far north as Labrador, Canada and reaches southward to South Carolina, U.S. The rock crab fishery began during the 1960's as a by-catch of the lobster fishery. A directed exploratory fishery (independent of the lobster fishery) was begun in 1974, but was limited in size until the late 1980's, when expanding markets and increased value resulted in a substantial growth in effort. Rock Crab live in the benthic zone of the ocean. They are able to adapt to extreme variations in depth. The depths that they exist at range from deep waters at 2,600ft. to very shallow waters and occasionally well inland from the low tide line. They live on a variety of substrate types including rocky and loose material. Smaller crabs with the cephalothorax width of about 50 mm tend to inhabit muddy or sandy bottoms, while other crabs seem to prefer the rocky bottoms. On average, female and male rock crabs mature at 57 and 75 mm respectively. Female rock crabs carry eggs beneath the abdomen until hatched and the larvae are present in the plankton between mid-June and mid-September. Female rock crabs may not be kept during the directed fishery or as a by-catch of the lobster fishery. Male rock crabs take approximately 6 years to reach legal catch limit size. Rock Crab are also "Ocean Wise"



## Cooking Methods

The most widely used method to cook Rock crab is to boil in salted water. Simply add 1/4 cup of salt to every five liters of water, and bring the water to the boiling point. Dropt the crabs into the boiling water one by one, but do not overcrowd the pot. If you have too many, cook them in a separate pot. Once you add the crab, the water will simply stop boiling. Cover the pot and return to the boiling point. Then continue to cook another 12-15 minutes. Once the crab float to the waters surface, you should only cook them for another 2-3 minutes. Use tongs to remove the crab from the pot in which you boiled them and plunge them into a pot of ice water straight away. This will stop the cooking process and prevent the meat from drying.

Other less popular methods can be steamed, or baked, but the traditional methods for the best meat quality results are boiling.

## Dungeness Crab– 4188355, 8123556

The Dungeness crab is named after [Dungeness, Washington](#),<sup>[6]</sup> which is located approximately five miles north of [Sequim](#) and 15 miles (24 km) east of [Port Angeles](#). Its range extends from [Alaska's Aleutian Islands](#) to [Point Conception, California](#).<sup>[7]</sup> Dungeness crab have recently been found in the [Atlantic Ocean](#), far from their known range, raising concern about their possible effects on the local wildlife. Dungeness crabs have a wide, long, hard [shell](#), which they must periodically moult to grow; this process is called [ecdysis](#). Mature female crabs generally [moult](#) between May and August, and mating occurs immediately after the female has moulted. About one-quarter of the crab's weight is meat.<sup>[9]</sup> The flesh has what is considered to be a delicate flavour that is slightly sweet. Dungeness crabs can typically be purchased either live or cooked. Larger crabs are valued for the higher meat-to-shell ratio. Live crabs are cooked simply by steaming for 15–18 minutes, or by boiling for about 10 minutes in water. Dungeness Crab is the sustainable meat of choice for west coast white linen establishments. It is also the only fresh "Ocean Wise" product from the Pacific Ocean.



### Award winning crab cake recipe:

1 lb crabmeat, picked over  
1/2 cup minced red bell peppers  
1/2 cup mayonnaise  
1/2 cup fresh breadcrumbs  
1/3 cup minced celery  
1/2 cup minced red onions  
1 tablespoon chopped fresh [parsley](#)  
1 teaspoon Old Bay Seasoning  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
1/2 teaspoon [Tabasco sauce](#)  
2 cups fresh breadcrumbs  
1/2 red bell pepper  
1/2 cup mayonnaise  
1 tablespoon lemon juice  
1/2 teaspoon minced garlic  
8 hamburger buns  
2 cups shredded lettuce, for topping  
8 slices tomatoes, for topping  
sliced red onions, for topping  
cooking oil

Combine first 11 ingredients.  
Spread 2 cups fresh breadcrumbs on wax paper.  
Divide crab mixture into 8 patties, coat with breadcrumbs and refrigerate for 2 hours.  
Heat oven to 400 degrees.  
Roast red pepper for 30 minutes until charred.  
Wrap in foil and cool.  
Remove skin and seeds and chop fine.  
Combine with mayonnaise, lemon juice and garlic.  
Spread on cut sides of hamburger buns.  
Heat ¼ inch oil in skillet.  
Cook crab cakes until golden, turning once about 8 minutes.  
Place crab [cakes](#) in rolls.  
Top each with 2 tbsps shredded lettuce, 1 slice tomato and sliced red onion.

## Blue Swimming Crab– 7796373

The Blue Crab is an important bottom dwelling predator, and a member of the swimming crab family, portunidae. It is widely distributed from Nova Scotia, to northern Argentina, but along the coasts of North America, it is most abundant from Texas to Massachusetts. Blue Crabs are opportunistic, and will feed on a variety of live and dead fish, crabs, clams, snails, eelgrass, sea-lettuce, and decayed vegetation. Crabs grow by molting their shell. The crab is encased in both the hard old outer shell, and a soft, new one just beneath it. Immediately after the molt, the crab's new shell is pliable and easily stretched. In this condition, the crab is called "Soft shell crab". Blue crabs mate from May to October in brackish, or slightly salty waters of Chesapeake Bay. A female crab can carry between 750,000 and 8 million eggs depending on the size of the crab. The female crab lays her eggs from 2-9 months after mating, depending on when the mating took place. For example, a spring mate, would result in a late summer spawn. A fall mate would result in an early summer spawn the following year. Below are more interesting facts about this species. Blue Crab is also "Ocean Wise"

- Callinectes Spalidus means "Beautiful swimmer that is savory"
- Crabs reach maturity in 12-18 months
- Few Crabs live longer than 3 years
- The largest crab recorded from Maryland was a male measuring 9" across, (however) bigger crabs (10-11") have been captured in DNR crab surveys.
- The annual harvest of hard crabs from Chesapeake Bay accounts for over 50% of total US landings.
- Cannibalism of young blue crabs by larger crabs is common and may regulate population abundance.
- A spring-spawned crab can reach a size of 2.5" by their first winter.



### Incredible Crab dip recipe:

- 1/4 C Cream
- 2 TBSP mayonnaise
- 1/4 tsp salt
- Dash of Tobasco sauce
- 1 lb Lump crab meat
- 1/4 c lemon juice
- 2 sliced green onions & tops
- 1 tsp Worcestershire sauce
- 8 oz Cream cheese

Blend together all ingredients until smooth except the crab meat. Add the crab and serve with raw vegetables such as green, red, yellow pepper, radishes, celery and cauliflower buds.

Can be baked in the oven for 35-40 minutes at 375 degrees for a savory hot crab dip. Serve with pita chips, taco chips, or vegetables. Core temperature should be no less than 160 degrees.

Bon a petite!

# Kamaboko Surimi Products

Surimi- "Surimi" concept was first developed in Far Eastern Asia countries. The first mentions of surimi, dated from 1100, were found in Japan. As translated from Japanese "surimi" means "washed minced fish". Even in those times people noticed that if you mince wet oceanic white-muscle fish, then thoroughly wash and squeeze it out, you obtain the mass with high jellifying capability from which all forms of tasty products can be prepared by processing at low temperatures (80-90°C). The most popular products were fish balls or surimi sausages, also known as

Kamaboko In the course of time, as far as cooking was evolving, Japanese cooks developed new surimi dishes. As an odorless product having no pronounced flavor, surimi made of sea white-muscle fish was used to imitate other products. To do that, various food colors, aromatics and herbs, as well as diverse stuffing were used in surimi products. Over the course of many centuries of this cooking tradition, There now exists in Japan, thousands of variations of surimi products called «kamaboko». Today, the vast majority of surimi and kamaboko production use Pollock or hake as the primary white-fish ingredient. Yet "kamaboko" remained a culinary art over this long period of time. The history of developing industrial production of this product started in Japan only in the 1970's. To learn more about the differences between Surimi and Kamaboko, visit this link <http://www.vodnyj-mir.ua/en/surimi>

Below are some of the products with active codes:



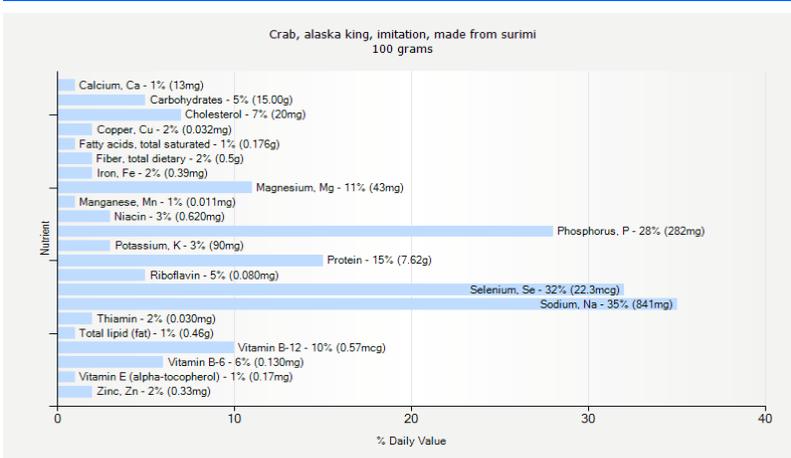
L/Kemp 8873529



Portbty chk 7233687



Portbty Leg 3834454



Seatrader Chunk style  
4448544



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