

# THE WILD SALMON SEAFOOD MARKET'S GUIDE TO



# CRAB



## DUNGENESS CRAB

This popular crustacean is harvested from the shallow, intertidal waters and thousand feet deep crevasses all along the Pacific coast and inland waters of Puget Sound. Most of our Dungeness Crab comes straight from the waters of Puget Sound and we are proud to carry this homegrown specialty. Dungeness Crab makes a great meal with plenty of meat in the body and the legs. It offers a sweet, buttery flavor with slightly firm but delicate meat. Dungeness Crab is available fresh year-round with periodic interruptions due to inclement weather. It is available in our market as live crab, fresh whole cooked crab, fresh crab meat as well as fresh Dungeness crab cakes. It can be enjoyed simply, with a side of cocktail sauce (we recommend our World Famous Cocktail Sauce) and lemon wedges. It is magnificent when served with hot, drawn butter, sourdough bread and a nice white wine. It also makes a nice contribution to dinner salads, stir-fries and seafood stews.

## KING CRAB

King Crab is the most highly prized of all crab. Its sweet, moist and tender meat is always in great demand. King crabs have small bodies perched atop long, spindly legs that are packed full of sweet pinky-white meat. King Crab is harvested from the shores of southeast Alaska and the Bering Sea. The average King Crab ranges from 7-12 pounds and measures up to 6 feet from leg-tip to leg-tip. As a general rule, due to the remote harvest areas, King Crab is harvested and immediately processed and frozen at sea before coming to market. Most King Crab is sold as frozen legs and claws. This results in live or fresh King Crab being difficult to obtain. King Crab legs and claws make a dramatic meal when served broiled, steamed or grilled. Simply reheat with any of these cooking methods and serve with drawn butter and/or cocktail sauce. King Crab on the grill creates an excellent summertime meal.

## SNOW CRAB

Snow Crab is also known as spider or tanner crab. The snow crab is a petite member of the crustacean family. The meat is flakier and milder than Dungeness or King Crab. Harvested from the icy waters of Alaska caught from depths of 30 to 1,500 feet the Snow Crab is almost all legs, with a very small, golden colored body perched on top. They are seldom available fresh, though they can be had premium frozen year-round. They are most often sold as leg clusters (legs with the "shoulder" attached), or as cocktail claws - claws scored and legs removed. Like King Crab, Snow Crab

## SOFT SHELL CRAB

The soft shell crab is harvested from brackish estuaries and bays along the East Coast, Chesapeake and Delaware Bays off of Maryland and Virginia. These crabs are actually blue crabs that have recently "molted" or grown out their shell. When the face and gills are removed, all parts of the soft shell crab are edible, including the casing which makes for a pleasant crunch. Soft shell crabs offer a sweet, succulent and buttery flavor that some fans claim has no equal. Their small size, low fuss preparation and their traditional summer appearance make them a favorite among the east coast.

is most often processed and frozen at sea before coming to market. Pre-cooked, the Snow Crab simply requires reheating by method of steaming, broiling or grilling. Serve with drawn butter and/or cocktail sauce.

appearance make them a favorite among the east coast. Live soft shell crab can be steamed, broiled or fried.

Fresh, whole cooked Dungeness Crab are ready to eat and we are happy to clean and crack your crab for you. Live Dungeness Crab are simply boiled or steamed for about 20 minutes. King Crab and Snow Crab Legs are "pre-cooked" and only require reheating.

soft shell crabs are often lightly floured or breaded, fried and served whole.

This can be accomplished by broiling, grilling or steaming.

Soft Shell Crab are versatile and a favorite method is to bread and fry the crab.

*Please see recipes and cooking tips on the reverse side of your Crab Guide.*

## WILD SALMON SEAFOOD MARKET

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Open 7 days a week 10AM-6PM-Fishermen's Terminal

Open Tues.-Friday 10-7, Saturday 9-6, Sunday 11-5-Queen Anne

*See back side of this sheet for additional Galley Tips.*



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# Cooking Crab and Recipes

<p><b>King Crab Legs</b> <i>Broiled or Grilled</i></p> <p>King Crab is "pre-cooked" and simply requires reheating. If your King Crab legs are frozen, thaw in your refrigerator in a shallow, flat bottomed pan. Once thawed, brush with olive oil and garlic. Place the King Crab Legs under the broiler and cook approximately 2-3 minutes per side turning once. This method can also be applied to your outdoor grill. Grilling over medium-high heat. Serve immediately with drawn butter, cocktail sauce and lemon wedges.</p>	<p><b>King Crab Legs</b> <i>Steamed</i></p> <p>King Crab is "pre-cooked" and simply requires reheating. If your King Crab legs are frozen, thaw in your refrigerator in a shallow, flat bottomed pan. Once thawed, place the King Crab in a large pot with approximately one inch of boiling water. This may require cutting the legs to fit your pot. Reduce heat, cover tightly and steam approximately 5-6 minutes or until thoroughly heated through. Serve immediately with drawn butter, cocktail sauce and lemon wedges.</p>
<p><b>Cooking Live Dungeness Crab</b></p> <p>Start with a pot large enough to hold your crab. Fill pot with water, add salt to taste and bring to a boil. Add crab and boil for 18 - 20 minutes per crab. Increase cooking time with additional crabs. Crab will change color from brownish-red to bright orange while cooking. When done, immerse crab in an ice bath to cool. Remove back, gills and viscera and serve immediately with drawn butter, cocktail sauce and lemon wedges. Cooked Crab can also be chilled and held for 1-2 days in your refrigerator.</p>	<p><b>Cleaning Your Cooked Dungeness Crab</b></p> <p>Once sufficiently cooled, grasp the top shell at the tail end and lift removing the back as you pull. Remove the gills and viscera (guts). Give the Crab a good rinse under running water. The crab can be served whole or you can split the crab in half at the body and then quarter. Gentle but firm taps with a mallet provides some "pre-cracking" for easier extraction of the meat. Seafood crackers and small cocktail forks should be available at the table for extraction of the meat from the shell.</p>
<p><b>Fried Soft Shell Crab</b></p> <p>1/2 cup milk 1 egg, beaten 1/2 tsp. Chili powder 1/2 tsp. Cumin 4-6 soft shell crabs-dressed 1 cup vegetable oil for frying 1/4 cup all-purpose flour Dash of salt</p> <p>Combine milk, egg, chili powder and cumin together. Pour mixture over crabs thoroughly coating. Marinate in your refrigerator 5-6 hours. Heat oil to 375° F. Dredge crab in flour/salt mixture, shake off excess and fry until golden brown, turning once. Remove and drain on paper towel. Serve immediately accompanied by tartar sauce or aioli and Tabasco sauce. Serves 4.</p>	<p><b>Dungeness Crab Cakes</b></p> <p>1 lb. Dungeness Crab meat 1/2 cup white bread crumbs 3 tbsp. Mayonnaise 2 tsp. Old Bay Seasoning 2 tsp. Parsley flakes 1/2 tsp. Prepared yellow mustard 1 egg, beaten 3 tbsp. olive oil for frying</p> <p>Combine bread crumbs, mayonnaise, Old Bay, parsley, mustard and egg. Gently fold in crab meat. Shape mixture into cakes. Heat olive oil in a large skillet and fry approximately 3-4 minutes per side until cakes are golden brown. Makes approximately 4 large cakes or 10 appetizer size cakes. Serve immediately with tartar sauce or a garlic aioli.</p>
<p><b>Classic Crab Louie</b></p> <p>1 lb. Dungeness Crab meat Salad Greens 1-1/2 quarts, shredded 1 cup mayonnaise 1/2 cup chili sauce 2 tbsp. Green pepper, finely chopped 2 tbsp. Onion, finely chopped 2 tbsp. Parsley, finely chopped 1/4 tsp. Cayenne pepper 2 eggs, hard boiled, quartered 2 tomatoes, quartered Black Olives Parsley sprigs Lemon wedges</p> <p>Combine mayonnaise, chili sauce, green pepper, onion, parsley and cayenne in a bowl. Mix well. Place salad greens and mound crab meat on top. Garnish plates with eggs, tomatoes, olives, parsley sprigs, lemon wedges and fresh herbs. Serve immediately with a fresh Bouquette. Serves 4.</p>	