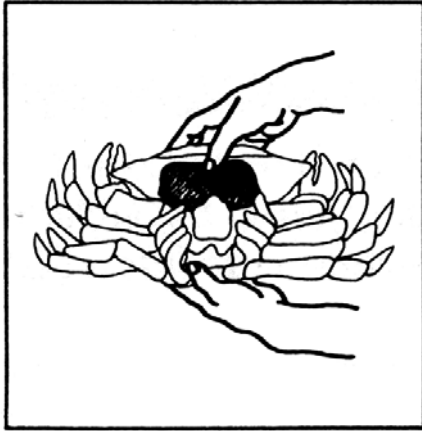
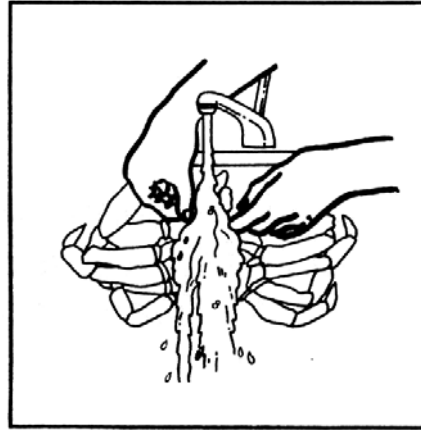


# HOW TO CLEAN A WHOLE-COOKED ALASKA DUNGENESS CRAB

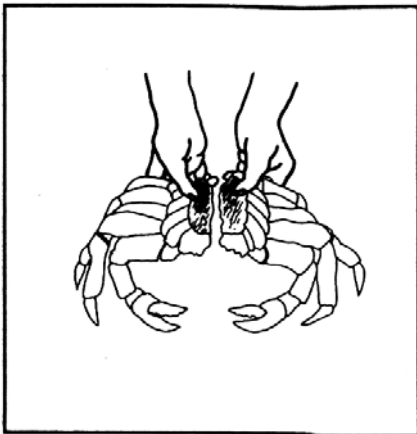


**1.** If necessary, thaw crab according to thawing directions. Remove broad back shell by holding base of crab with one hand while placing thumb of other hand under shell at mid-point and lifting off back.

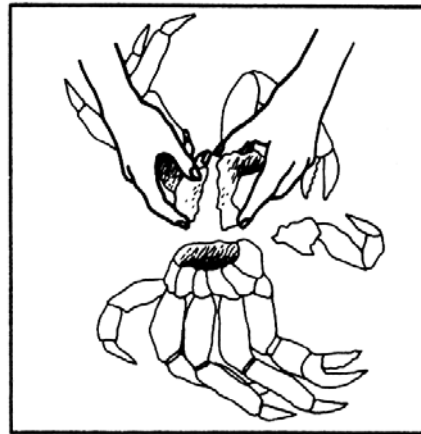


**2.** Remove and discard viscera\* and feathery gills from body section. Rinse crab thoroughly under cool, running water, washing away all loose material.

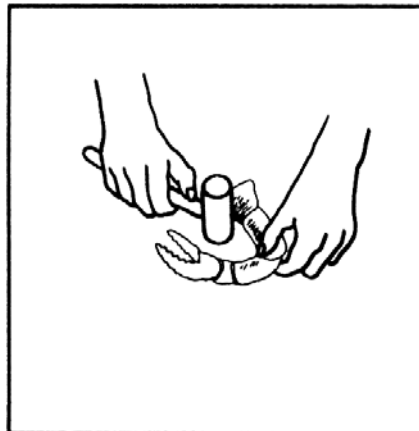
\*The viscera is the semi-liquid material remaining in the body cavity and is not normally eaten.



**3.** Grasp crab in both hands and break in half, yielding two sections with legs attached.



**4.** Separate legs from each other, one at a time, leaving a portion of body attached to each leg for easy handling.



**5.** Crack the shell of each claw/leg/body section at edge of joints with small meat mallet to loosen shell; break to expose meat. Meat can then easily be removed with tip of leg, small pick or fork.