

Alaska Snow Crab

TAKE A CRACK AT IT!

Somewhere in the icy north, hazardous waters house a delectable-tasting food treasure. Daring fishermen tackle freezing winds and high seas to secure the prized crustacean—Alaska Snow crab.

Alaska Snow crab is caught in the icy, cold waters of central and southwest Alaska during the major catch season that stretches from February on into June. Like all Alaska crab, Alaska Snow crab is processed live. Once caught, the Snow crab is placed in special holding tanks filled with seawater, then transported live to either a floating processor or a processing plant located along Alaska's coastline. There, the crab is cleaned, cooked, frozen and packed for shipment. This process assures a quality product preserved at its peak of freshness. Some products are initially packed in bulk containers, then repackaged at central distribution points.

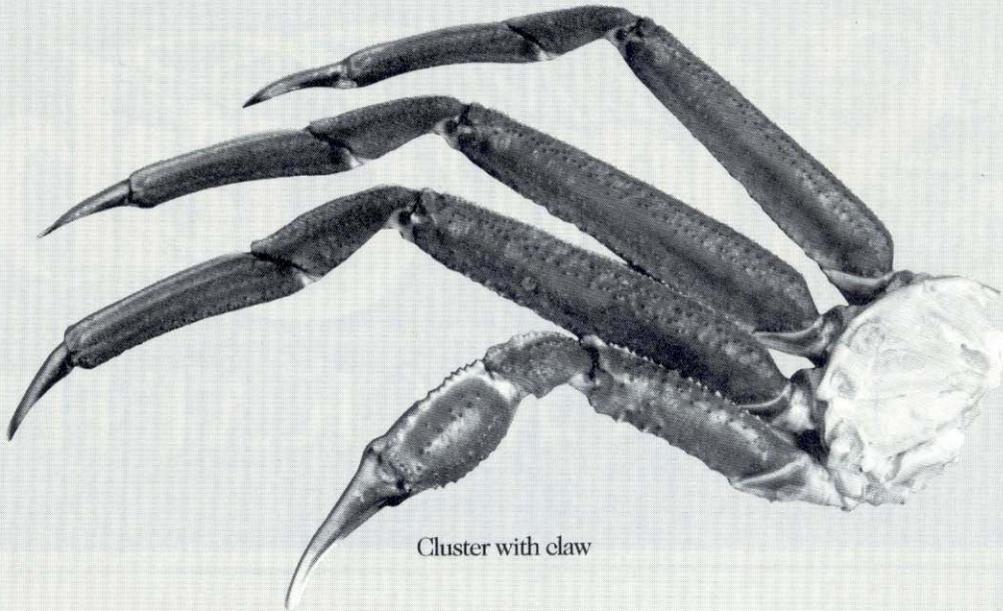
The average Snow crab measures two feet from tip to tip and may weigh 1½ to three pounds. Only mature Snow crab males may be processed.

Noted for its sweet, delicate flavor, snowy white meat and tender texture, Alaska Snow crab is a versatile seafood choice for appetizers, cocktails, entrées, omelettes, salads, soups, sandwiches, sauces and stuffings. In addition to these impressive features, Alaska Snow crab is high in protein and low in fat and calories.

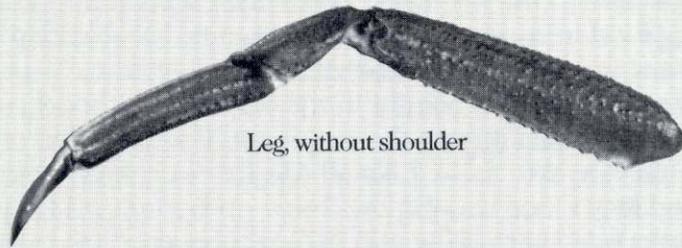
Alaska Snow crab meat is extracted from pre-cooked clusters, then frozen in blocks.

Alaska Snow crab clusters, legs and claws are pre-cooked in their shells. Immediate freezing ensures a quality product. And, since Alaska Snow crab is pre-cooked in Alaska, menu items can be quickly and easily reheated before serving.

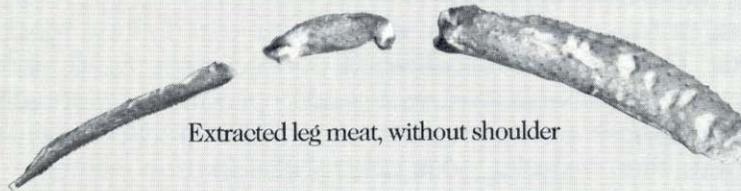
Whether serving clusters, legs, claws or split legs, Alaska Snow crab meets the growing demand for versatile convenience foods.



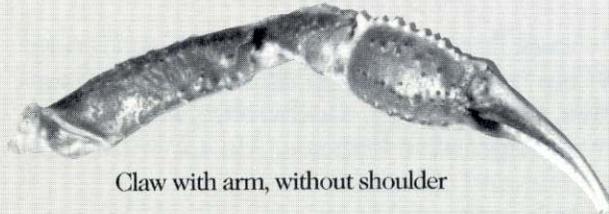
Cluster with claw



Leg, without shoulder



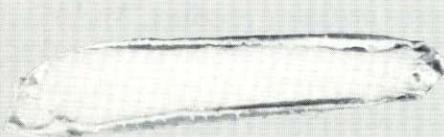
Extracted leg meat, without shoulder



Claw with arm, without shoulder



Cocktail claw



Split leg—merus only



Split leg—merus-carpus



Select portion—shoulder, merus, carpus (split)

Thawing and Cooking Directions:

Thaw:

Place frozen Alaska Snow crab clusters, legs or claws on tray and cover. Allow to thaw under refrigeration 2 to 3 hours. Thaw frozen crab meat blocks in wrapper 8 hours or overnight.

Cooking Directions:

Heat Alaska Snow crab thoroughly before serving, using any of the following methods:

Bake: Place crab clusters, in-shell or split crab legs, au gratin or deviled crab meat casseroles in pre-heated oven until thoroughly heated.

Broil: Thaw. Place split crab legs on broiler rack and baste. Broil 5 minutes or until thoroughly heated.

Sauté or Stir-Fry: Add serving-size pieces of in-shell or split legs, cocktail claws or crab meat chunks to sizzling butter or oil. Lightly toss 3-5 minutes or until thoroughly heated.

Simmer: Add serving-size pieces of in-shell legs, claws or crab meat chunks to casseroles, soups or cioppino during the last 5 minutes of cooking time, or until thoroughly heated.

Steam: Do not pre-thaw. Place crab clusters, in-shell or split legs or claws in perforated basket over boiling water in steamer. Cover and steam 5-6 minutes or until crab is thoroughly heated. Follow manufacturer's instructions if using pressure or convection steamer.

Microwave: Do not pre-thaw. Retain crab clusters, in-shell or split legs or claws in poly bag or cover with damp towel to prevent moisture loss. Set timer for five minutes on defrost schedule. Follow manufacturer's instructions to heat individual crab casseroles.

Nutritional Data & Information

Nutritional value of 3 oz. Alaska Snow crab:
Protein 16.9 g., Fat 1.4 g., Calories 80
(no Carbohydrates).

Information:

Alaska Snow crab is an excellent low-calorie source of high-quality protein. It also supplies many of the vitamins and most of the minerals needed in the human diet.

Snow crab is a superb source of copper, zinc

and iodine; it is also a good source of iron and vitamin A. In fact, 3 oz. of Alaska Snow crab furnish over half an adult's daily requirement of vitamin A.

It is a delicious protein choice for individuals on low-saturated fat diets, because, while low in fat, over fifty-five percent of the fat found in Alaska Snow crab is polyunsaturated and only twenty percent of the remainder is saturated.

Reference Sources:

Nutritional Values in North Pacific Fish & Shellfish, National Marine Fisheries Service, Seattle, WA 98112.

Amino Acid, Fatty Acid and Proximate Composition of Snow Crab, Richard A. Krzeczowski & Frederick E. Stone, Journal of Food Science, Vol. 39 (1974) pp. 386-388.

Snow Crab, Seafood Leader, Winter 1982, pp. 76-77.

Availability

Alaska Snow crab is marketed frozen in many product forms. The most common Snow crab products are:

Clusters—Consist of three or four legs with shoulders and one claw arm. Clusters are sold in 20 to 30 lb. boxes.

Claws—Available in a number of forms including: cocktail claws (claws with shell removed above the pincers) and cap-on claws, broiler claws (cap-on but scored for easy removal). Claws are packed in either 2, 3 or 5 lb. bags and come in 18, 20 and 24 lb. master cartons.

Legs—Crab processors offer Snow crab legs whole (single-cuts) or split, packed in 20 or 25 lb. cartons.

Snap 'N Eat—Pre-scored legs that just snap apart to get to the meat. Snap 'N Eats are usually sold in 10 or 20 lb. cartons.

Meat—Snow crab meat comes in a number of forms including:

Fancy Meat—Usually available in 5 lb. frozen blocks packed 6 per master case. The blocks usually consist of three layers of leg meat, white meat and other red meat.

Merus Meat—Taken from the largest segment of the walking legs, merus meat is usually available in 4 or 5 lb. frozen blocks, or I.Q.F.

Definitions

Section 101.01—Species

Frozen Alaska Snow crab meat is the processed flesh of any of those species of crustacean listed below:

- A. *Chionocetes opilio*
- B. *Chionocetes bairdi*
- C. *Chionocetes tanneri*

Section 101.02—Components

A. Body Meat (Shoulder): The body meat will consist of the meat from beneath the body cavity, which consists of a bundle of medium length, homogeneous, longitudinal fibers of white meat capped by a membrane swirl at the base and encompassing a small yellowish or light brown area at the opposite end. The body meat is confined within a yellow, pink and red tinted membrane but is not usually extracted in whole segments.

B. Merus: The largest segment of the walking legs, the meat of which consists of homogeneous, longitudinal fibers of white meat confined within a thin, red-orange tinted membrane having a small concentration of membrane at each end.

C. Carpus/Propodus: The segments of the walking legs located at the distal end of the merus, the meat of which consists of homogeneous, longitudinal fibers of white meat enclosed in a slightly tough, reddish tinted membrane, but not including the dactylus tip.

D. Dactylus: The top of the walking leg and the movable portions of the claw pincers.

E. Claw Arms: The non-walking appendages supporting the pincers, consisting of a series of short segments, similar to the legs, but of smaller size. The meat is generally more firm and dry than the corresponding leg meat.

F. Claw Pincers: The propodus and dactylus segments connected to the claw arm, consisting of short, vertical, homogeneous, coarse fibers generally having a light red tinted surface on the dorsal side.

G. Whole Pieces: The extracted segments of meat from the legs, claws and body, not split or broken, and which retain a minimum of 50% of the carotenoid membrane intact.

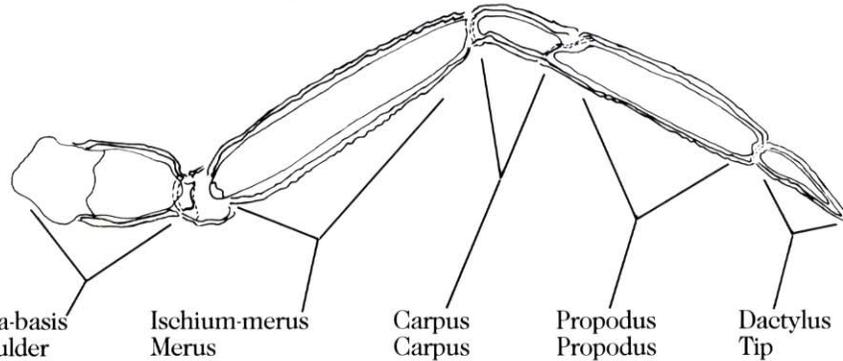
H. Whole Merus Meat: The extracted merus section of the walking leg, which may or may not be trimmed of the knob end, retaining a minimum of 75% of the dorsal carotenoid layer, and shall not be split or broken.

I. Red Meat: The extracted merus, carpus, propodus and claw arm covered by a carotenoid membrane.

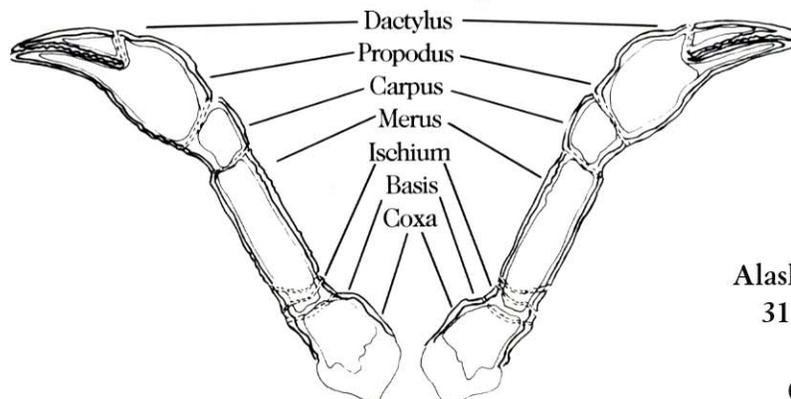
J. White Meat: Body meat, whole or broken, and meat from other components lacking sufficient carotenoid membrane for identification.

K. Shreds: Individual fibers and broken fragments of crab meat which are smaller than $\frac{3}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ " in cross section.

Snow Crab Leg Meat-Descriptive Nomenclature



Snow Crab Claw Meat-Descriptive Nomenclature



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