

Buying and Preparation Tips

- Golden crab is available live, as cooked halves or clusters and picked meat.
- Be sure to purchase your seafood from a retailer that displays a valid license.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store live golden crabs in a large container with a lid - DO NOT add water or ice - and cook that day.
- Store cooked golden crab halves and clusters and crabmeat in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.

**Bureau of Seafood
and Aquaculture Marketing**

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- Golden crabmeat is found in the claws, legs and body after the upper shell and gills have been removed.
- To pick the crabmeat, pull the meat out of the legs by carefully breaking the joints; remove the claw meat by pulling out the moveable pincer. Breaking the body cartilage apart will expose the remaining crabmeat.
- To cook live golden crab, bring a large pot of water to a boil and season to preference. Completely submerge the crab and boil for 16 minutes, drain and rinse in cold water. The crab will be done when the legs are easily pulled from their joints.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.



GOLDEN CRAB



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www.FL-Seafood.com

**Florida Department of Agriculture
and Consumer Services**

CHARLES H. BRONSON, Commissioner



Golden Crab with Sweet and Sour Sauce



- 1 cup apple juice, divided
- 1/4 cup cider vinegar
- 3 tablespoons sugar
- 2 tablespoons chili sauce
- 1 tablespoon grated onion
- 2 teaspoons soy sauce
- 2 tablespoons cornstarch
- 3 pounds cooked Florida golden crab clusters

Combine 3/4 cup of the apple juice, vinegar, sugar, chili sauce, onion and soy sauce in a glass bowl and microwave on high for 1 minute. Dissolve cornstarch in the remaining 1/4 cup of apple juice and gradually add to mixture in bowl, stirring constantly. Microwave on high for 3 minutes, remove and stir until smooth. Serve immediately with chilled crab.

Yield: 4 servings.

Per serving: calories 415, calories from fat 54, total fat 6g, saturated fat .02g, cholesterol 200mg, total carbohydrate 24g, protein 65g.

Golden Crab Starburst Salad



- 3/4 pound cooked, picked Florida golden crabmeat
- 2 19-ounce cans asparagus spears, drained
- 3 hard-boiled Florida eggs, sliced
- Lemon-Caper Dressing (recipe follows)
- Paprika

Arrange asparagus spears in starburst pattern on serving platter and surround by sliced egg. Place crabmeat in center of asparagus and top with Lemon-Caper Dressing. Sprinkle with paprika.

Yield: 6 servings.

Per serving: calories 120, calories from fat 40, total fat 4g, saturated fat 1g, cholesterol 125mg, total carbohydrate 5g, protein 17g.

Lemon-Caper Dressing

- 1/4 cup low-calorie mayonnaise
- 1 tablespoon drained capers
- 1 tablespoon Florida lemon juice
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 2 drops hot pepper sauce

Combine all ingredients with a wire whisk. Chill. Yield: approximately 2/3 cup.

Per serving: calories 25, calories from fat 20, total fat 2g, saturated fat 0g, cholesterol 0mg, total carbohydrate 2g, protein 0g.

Golden Crabmeat Salad

- 1/2 cup mayonnaise
- 2 tablespoons Florida sugar
- 1 tablespoon Florida lime juice
- 1 pound cooked, picked Florida golden crabmeat
- 1 8-ounce can mandarin oranges, drained
- 1 cup thinly sliced Florida celery
- 1/2 cup sliced pitted ripe olives
- 2 tablespoons sliced Florida green onions
- Florida leaf lettuce

Combine mayonnaise, sugar and lime juice. Add remaining ingredients, except lettuce, and toss. Serve on a bed of lettuce.

Yield: 6 servings.

Per serving: calories 250, calories from fat 170, total fat 18g, saturated fat 2.5g, cholesterol 55mg, total carbohydrate 7g, protein 15g.

**Eat Seafood Twice a Week...
It's Good For Your Heart**

**Seafood alternative:
blue crab, stone crab,
spiny lobster or shrimp**

GOLDEN CRAB



More recipes at
www.FL-Seafood.com

