



## SPANNER CRAB

*RANINA RANINA*



### DESCRIPTION:

The Spanner Crab, is most commonly caught in the pristine tropical waters off the coast of Queensland. Spanner Crab is a marine animal and inhabits inter-tidal waters to depths of more than a hundred meters, from sheltered bays to surf areas. The Spanner Crab prefers bare sandy areas. They are usually found buried in the sand, from where they launch attacks on passing prey such as small bottom dwelling fish.

### EATING QUALITIES:

The meat is brilliant white, succulent sweet and delicate. It is unique in that the crab meat is sold raw, which keeps its natural moisture content and texture when cooked. The raw crab meat can be easily sautéed, made into crab cakes, (The meat binds to itself for a 100% all meat crab cake), used for a stuffing or as you would any other crab meat.

### FISHING METHODS AND REGULATIONS:

Spanner Crabs are caught on traps called Dillies. The Dillies consist of netting stretched around a frame, which rest on the ocean floor. The Spanner Crabs walk over the dillies and get their spiky walking legs “stuck” on the net and then are hauled up for harvesting. This harvest method virtually eliminates all by-catch. Once the Spanner Crabs are on board they are placed into a tank which continuously sprays a fine mist of salt water chilled to 16 degrees over the crabs, which keeps them moist and healthy until they arrive at the processing factory.

### SOLD AS:

1.1 lb units raw meat (Frozen)

### NUTRITIONAL INFORMATION

3.5 oz raw portion

|               |        |
|---------------|--------|
| Calories      | 60     |
| Fat Calories  | 36     |
| Total Fat     | .5 g   |
| Saturated Fat | .9 g   |
| Protein       | 20 g   |
| Sodium        | NA     |
| Cholesterol   | 29 mg  |
| Omega-3       | 43 m g |

### COOKING METHODS

Sauté  
Broil  
Bake  
Fry  
Pan Fry  
Steam

### HANDLING

Spanner crab meat arrives raw and frozen. It can remain in the freezer for up to four months without damage. Once thawed, the meat will stay fresh under refrigeration for up to three days. Do not freeze after thawing.

### FORTUNE FISH COMPANY

1068 Thorndale Avenue  
Bensenville, IL 60106  
T: 630.860.7100  
F: 630.860.7400  
[www.fortunefishco.net](http://www.fortunefishco.net)