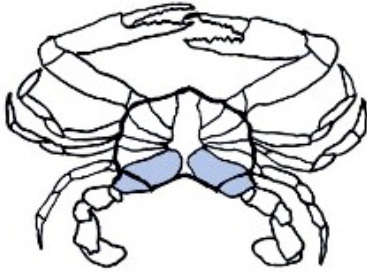
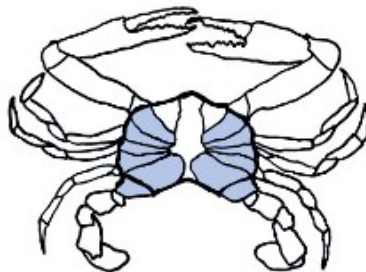


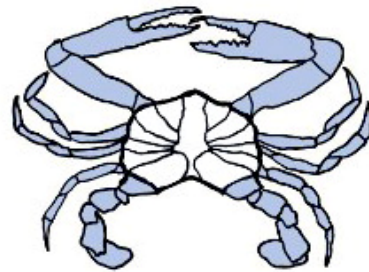
**BLUE CRAB MEAT**  
**PASTEURIZED**



**JUMBO LUMP**



**BACKFIN / LUMP**



**CLAW**

**DESCRIPTION:**

The blue or swimming crab is named for the blue tinges on its shell and blue patches on its legs. The males have blue claws and the females have orange-tips on their claws. Blue crabs are sold as both hard shell and soft shell. The crab has rear flippers that propel the crab through the water and its Latin name is Callinectes sapidus or savory beautiful swimmer. Blue crab is found domestically from Cape Cod to the Gulf of Mexico. They are also imported from Asia. Most blue crab is sold as picked meat, because of the labor involved in removing it.

**EATING QUALITIES:**

Blue crab has a rich, sweet, succulent butter flavor. The body meat is delicately flavored, white, tender and flakey. The claw and leg meat has a nuttier flavor and a brownish tint, which is natural. Pasteurized meat is firmer and darker than fresh crab meat. Fresh blue crab meat should have a mild aroma: pasteurized should have a slight heated aroma.

**FISHING METHODS:**

Blue crab is harvested in the wild with traps, nets and dredges.

**SOLD AS:**

- Jumbo Lump
- Lump
- Backfin
- Claw
- Special
- Fingers or Cocktail Claws

**NUTRITIONAL INFORMATION**  
 Per 3.5 ounce portion:

Calories	87
Fat Calories	10
Total Fat	1.1 g
Saturated Fat	.2 g
Cholesterol	78 mg
Sodium	293 mg
Protein	18.1 g
Omega-3	.3 g

**COOKING METHODS**

Sauté  
 Steam  
 Bake  
 Broil  
 Fry

**HANDLING**

Pasteurized crab meat should be kept under refrigeration. Do not freeze – it will ruin the flavor and texture.