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.