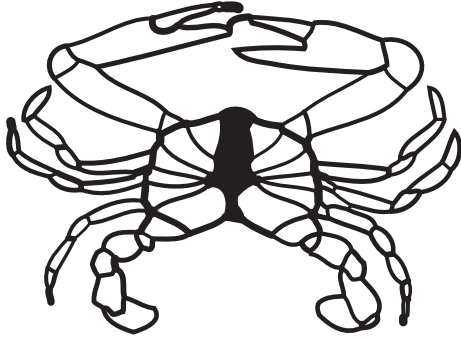


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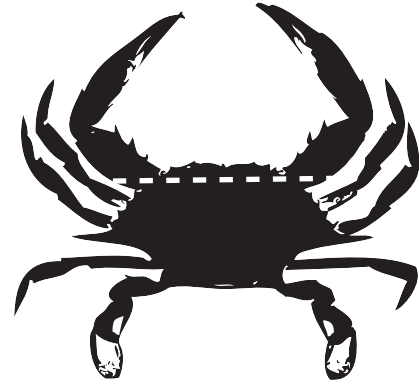
THE SEAFOOD SPECIALISTS 

HOW TO DRESS A SOFT SHELL CRAB



1. REMOVE THE APRON

Lay crab on its back exposing the apron. With your thumb or a knife point, pry up the apron flap on the under side of the crab. Remove the apron by making a cut where the apron meets the back.



2. REMOVE THE "FACE"

Next remove the face and eyes by making a cut 3/8" behind the eyes, cutting through both top and bottom shells. (kitchen shears work nicely for this)



3. REMOVE THE GILLS

- Grasp the pointed ends on each side of the top shell with your thumb and forefinger and lift the shell up and towards the center of the crab and remove the spongy, fibrous gills. Do this on both sides.
- Wash raw crab before cooking to remove debris.
- Cook or store immediately!

FORTUNE FISH COMPANY

1068 THORNDALE AVENUE
BENSENVILLE, IL 60106
T:630.860.7100
F:630.860.7400
WWW.FORTUNEFISHCO.NET