

GET CRACKING: ALASKA CRAB



Alaska is home to the most prized species of crab, available frozen year-round, pre-cooked and ready to eat. Extremely versatile for use in a variety of different recipes, such as salads, sandwiches, and pastas, simply steam, sauté, broil, grill or roast for a few minutes to heat through.



KING CRAB

Unmatched in size, quality and appearance, king is the largest and most sought-after Alaska crab species. Prized for its white body and leg meat, it has a sweet, rich flavor and tender texture. Averaging 6 to

10 pounds, it is available as individual legs and claws or clusters. Both red and brown/golden king crab are widely available in the U.S. marketplace.

SNOW CRAB

With a unique delicate flavor and snowy-white meat, snow crab has a tender texture. There are two species available:

- *Chionoecetes opilio* have an average weight of 1.5 to 2.5 pounds; very abundant
- *Chionoecetes bairdi* average 2.5 to 4 pounds; limited supply

Snow crab is generally marketed as clusters but is also available in cocktail claws, whole legs, split legs, or lightly scored "Snap 'N Eat" sections.



DUNGENESS CRAB

Prized for its sweet flavor and tender, flaky white meat, the largest and most flavorful Dungeness crab comes from Alaska. Available whole or in clusters, it is pre-cooked and ready to eat.



NUTRITION: Alaska crab is gluten free, a good source of quality protein and naturally low in fat and calories.

ALASKA CRAB WITH ANCIENT MISO DIPPING SAUCE

Makes about 1 ¼ cups

INGREDIENTS

- 3 to 4 pounds Alaska crab legs (king, snow or Dungeness), thawed or frozen
- 2 Tablespoons peeled and chopped fresh ginger
- 1/3 cup white miso paste
- 2/3 cup warm water
- 1 to 2 Tablespoons rice vinegar
- 1/3 cup torn Thai basil leaves (about 6 to 8 leaves)
- 1 small red or orange pepper (jalapeño, Scotch bonnet, Thai chile, etc.), halved and seeded*
- Chopped chives for garnish

*1/4 teaspoon red chile flakes may be substituted for peppers

DIRECTIONS

To prepare the sauce, place the ginger, miso paste, water, rice vinegar, basil leaves, and pepper into a blender or food processor. Blend or pulse until the peppers are finely minced. Pour the sauce into a serving dish and garnish with chopped chives.

To steam the crab, fill large sauté or fry pan to ½-inch depth with water.

Add crab legs and bring to boil; reduce heat, cover and simmer until heated-through. Suggested cooking times:

- King:** 6 to 8 minutes for frozen; 3 to 4 minutes for thawed
- Snow:** 6 to 8 minutes for frozen; 3 to 4 minutes for thawed
- Dungeness:** 8 to 10 minutes for frozen; 4 to 5 minutes for thawed

HOW TO CRACK CRAB

To eat your crab legs, hold the crab leg in one hand. Hold on to the crab cracker in your other hand.

Turn the crab leg sideways. You want the sides of the crab leg to fit into your cracking tool. That will give you more leverage. Squeeze the tool until you crack open the shell. Use a long-stemmed fork to remove the crab meat from the shell of the leg.

You may be able to twist the crab leg at its joints and crack the shell. Remove the meat and enjoy. King crab have teeth-sharp bumps on their legs. Wrap the leg in a towel and then snap it to avoid cutting your hands on the sharp shells.



COOK'S TIP:

Sauce can also be prepared up to two days in advance, reheating as needed.



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