Snow Crab

Atlantic Canada’s Finest
Atlantic Snow Crab Is Good for You

Atlantic snow crab is an incredibly healthy source of protein. At less than 100 calories per serving, it’s a smart meal choice for any diet.

- A 100 g serving contains 40 per cent of the daily recommended amount of protein
- Contains heart-healthy omega 3 fatty acids
- Great source of vitamin B, including B 12, thiamine, riboflavin and niacin
- Low in fat and no carbohydrates
- No sugar or trans fat
- Source of potassium, calcium and iron

Nutritional Analysis

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Energy</td>
<td>90 cal</td>
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<tr>
<td>Protein</td>
<td>20 g</td>
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<tr>
<td>Lipids</td>
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<tr>
<td>Cholesterol</td>
<td>55 mg</td>
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<td>Potassium</td>
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<tr>
<td>Carbohydrates</td>
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</tr>
<tr>
<td>Sugar</td>
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Atlantic Snow Crab is:

- Wild-caught by independent fishermen
- Available year round
- 100 per cent natural
- Delicious
- Sought by diners around the world
- A stand-out on any menu
- A healthy source of protein
- Easy to prepare
- Low carb and low fat
- Great value added menu item

A Deep-Water Treasure

Atlantic Canada snow crab is one of the world’s greatest seafood treasures. Prized for its delicate, sweet meat, this “Queen Crab” is found deep in the cold and pristine waters of Canada’s Atlantic Ocean.

Nothing quite graces a table or a buffet like a show-stopping Atlantic snow crab. As a standalone item, this shellfish shines. Available year-round for use in countless menu options such as appetizers, salads, entrees, soups and chowders, Atlantic snow crab is also one of the best shellfish values.

Harvested with integrity by independent fish harvesters who care about this incredible natural resource, Atlantic snow crab is sought after by diners around the world for its taste, elegance and health benefits. Although the fishing season runs from April to November, fresh-tasting Atlantic Canada snow crab is available any time of the year thanks to innovations in processing and freezing.
Canada is the world’s largest producer of snow crab, accounting for about two-thirds of the global supply.

The Atlantic Canada snow crab – known by the Latin name Chionoecetes opilio - are decapod crustaceans (10 legs with the skeleton on the outside). They are also known as arthropods, meaning they have segmented legs. Male snow crabs grow to almost twice the size of the largest females. It takes seven to nine years for males to reach legal size for harvest, and they can live up to 16 years.

Atlantic snow crab can be found only by going to great lengths. Local independent harvesters often travel as far as 400 kilometers (250 miles) offshore in sometimes wild and unpredictable weather conditions to bring back this deep water crab. There are also harvesters who fish the inshore and return each day with their catch. Snow crab feed by preying on shrimp, smaller crab, bi-valves, gastropods, fish, sea urchins and plankton.

Harvesters use cone-shaped pots or traps placed on sandy or muddy bottoms, in depths ranging from approximately 45 to 380 metres (148 to 1245 feet).

The annual fishery usually runs from April to November and has strictly enforced annual catch limits. Only a limited number of fish harvesters are licensed to harvest snow crab, and each one is allotted an individual quota and a maximum number of pots they are permitted to use during the season. Harvesters also take a variety of other measures to protect the resource for generations to come.

Harvesters remove the snow crabs from the pots by hand, measure and inspect them. They can harvest only male crabs that meet or exceed the minimum legal carapace size of 95 mm or 3.75”. Harvesters return female and undersized crab to the ocean to preserve this valuable resource.

Crab pots use biodegradable twine, have escape mechanisms and a minimum mesh size that allows females and juvenile crabs to escape. Once captured, the crabs are kept alive on ice or in salt-water circulation systems in the hold of the fishing boat until they reach shore, usually within a few days.

Atlantic Canada’s snow crab fishery is involved in third-party certification programs to ensure the highest quality crab is sustainably harvested.
Fresh as the Day It Was Caught

Atlantic Canada’s snow crab industry uses state-of-the-art freezing and processing technology to preserve the flavor, color and nutritional value of the snow crab, allowing you to offer your customers a product year-round that looks and tastes every bit as fresh as the day it was caught.

Once the Atlantic snow crab has been harvested and brought to shore, trained workers process it immediately to ensure optimal freshness.

The crab is processed into two sections known as clusters. Each cluster consists of four legs, one claw, and a shoulder. The clusters are cleaned, size graded and packed into pans in 30 lb allotments.

After cooking, the crab is immersed into cold water to immediately stop the cooking process. After cooling, the crab is put in a brine freezer. The water in the freezer is kept at –20 degrees Celsius and 92 per cent salt. In the brine freezing process, the crab picks up the perfect amount of salt flavor. After being in the brine freezer for 25–30 minutes, the crab is taken out and dipped in clean fresh water to wash off the excess salt and also to create a glaze on the crab. This glaze is a thin layer of ice that protects the crab from freezer burn. The shelf life for the crab that has been processed this way is 18 months.

DID YOU KNOW?

All Atlantic Canadian snow crab processing facilities are provincially licensed and federally registered by the Canadian Food Inspection Agency. These processing facilities must adhere to the requirements of an internationally recognized Quality Management Program that is enforced and monitored by the CFIA through regular plant audits.

Product Types

Since snow crab doesn’t survive well in tanks, it’s generally available pre-cooked and frozen only, already cut into convenient pieces or picked frozen meat.

<table>
<thead>
<tr>
<th>PRODUCTS OFFERED</th>
<th>TRADITIONAL SIZE GRADES</th>
<th>PACK SIZES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clusters / Sections</td>
<td>3-5 oz (M), 4 up</td>
<td>3 kg – 13.61 kg</td>
</tr>
<tr>
<td></td>
<td>5-8 oz (L), 8 up (2L)</td>
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</tr>
<tr>
<td></td>
<td>8-10 oz (3L), 10 up (4L)</td>
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<tr>
<td>Whole – Cooked or Raw</td>
<td>4-10 pieces per pack</td>
<td>3.5 – 5 kg</td>
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<tr>
<td>MEAT</td>
<td></td>
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<tr>
<td>Combo Pack</td>
<td>400 g – 2 kg</td>
<td>10 kg – 17 kg</td>
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<tr>
<td>Salad Meat</td>
<td>2 kg, 5 lb</td>
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</tr>
<tr>
<td>Leg Meat</td>
<td>500 g – 2 kg</td>
<td>5 lb</td>
</tr>
<tr>
<td>Claws (Cap-off)</td>
<td>8/12, 12/16, 16/20</td>
<td>8.16 kg – 13.61 kg</td>
</tr>
<tr>
<td>Under 16</td>
<td>21/25, 26/30, 30/34</td>
<td></td>
</tr>
<tr>
<td>Specialty Packs</td>
<td>Snap and Eat Clusters/Sections</td>
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</tr>
<tr>
<td></td>
<td>Split Clusters/Sections</td>
<td></td>
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</tbody>
</table>

Notes: Pack sizes and products vary by processor. Please contact individual processors for specific details. Our processors also pack to meet buyer’s specifications.
Storage
Frozen Atlantic snow crab should be delivered at 0°-10°F (minus 17° to minus 12°C). Be sure to inspect your order immediately upon delivery.
Maintaining the frozen crab at constant, cold temperatures of at -10°F (minus 12°C) or colder is key to preserving its high quality and to ensure maximum shelf life.
Mark the date on each box as it enters the storage area and rotate product on a first-in, first-out basis.

Thawing
Atlantic snow crab must be thawed properly to preserve its high quality.
There are two important rules to remember when thawing snow crab:
• Never allow it to thaw until you are ready to use it.
• Never allow it to thaw at room temperature or place it in warm water to thaw, as flavor and texture may be lost.
For small amounts of snow crab, the slow approach to thawing is best. Remove the desired amount from the case shipment and place it in a refrigerator set between 34° and 38°F (1° and 3°C). To prevent the build-up of melt-water, place the crab into pans that drain easily, and place the thaw pan into a larger pan to contain any drippings. Plan to use the crab the following day.
For higher volumes, put the frozen product in a plastic bag, then immerse in cold spray water. Do not allow the product to come directly in contact with the water or let the running water "drill" into the plastic bag. Once the crab is thawed, keep it chilled and covered until ready to use.
Never refreeze Atlantic snow crab.
The only thing you should smell is the sea once the crab is thawed.
Preparation

Because it is often pre-cooked before freezing and often cut into convenient pieces, Atlantic snow crab is quick and easy to prepare. Atlantic snow crab offers many simple but elegant options.

For an instant classic appetizer, simply thaw Atlantic snow crab whole or in sections and serve it ‘au naturel’ with drawn butter for dipping.

To prepare your frozen, pre-cooked Atlantic snow crab:

STEAM OR BOIL

Place the snow crab in a steamer over a saucepan of boiling, salted water and steam for just six minutes or boil the crab for five to seven minutes in salty water.

BROIL OR BARBECUE

To broil, simply snip open the cluster or the individual legs to expose the meat. To prevent dryness, baste the exposed meat with butter, oil, or a sauce then place under the broiler for four to six minutes until golden.

SAUTÉ

Remove the meat from the cluster and legs and quickly flash in a pan with a bit of butter or oil. The meat is very delicate and will not stand up to high temps for extended time, therefore crab should only be sautéed a la minute.

LIVE SNOW CRAB

The availability of fresh Atlantic snow crab is limited, but for those who have access to it, be sure to cook it the same day as you get it by placing the crab in a large saucepan of salty, boiling water. Use one cup of salt for every four liters of water, bring back to a boil, and cook 15 or 20 minutes for a crab weighing between 450 g (1 lb.) and 1.3 kg (3 lb.).

DID YOU KNOW?

A snow crab cluster includes four walking legs and an arm. The average snow crab size is about two pounds.
How to Crack an Atlantic Snow Crab

Atlantic snow crab’s edible meat is located in the claws and legs and in the section between the legs and body as well.

**STEP ONE**

Detach the legs by twisting and pulling them. When pulling meat from a cluster, always break the leg in sections beginning from the tip and working inward towards the shoulder. This will ensure that the cartilage from the next piece will slip out leaving only meat behind.

**STEP TWO**

Use heavy-duty scissors or a knife to cut lengthwise through the shell. The white portion of the shell is softer than the bright red sections and easier to cut through. Then remove the meat with a fork or by hand.

**STEP THREE**

Break the claws using a chef knife. Place the claw on a cutting surface with the flat side down and the small pincer facing upwards. Grasp the claw by the two pincers and strike the claw at the thickest part, embedding the knife about ¼ inch into the shell. Then twist the knife to crack the claw open.

**STEP FOUR**

To remove the meat from the shoulder, simply break the cartilage by hand and remove the meat by hand.

Care after Cooking

Fresh snow crab that you have just cooked can be stored in the refrigerator, tightly wrapped, for up to three days. It can also be stored in the freezer, tightly wrapped, for three months. To prevent juices from running out, always store cooked in-shell crab on its back.

Pre-cooked snow crab that has been thawed will keep in the fridge for two to three days.

**HOW MUCH?**

*How much Atlantic snow crab will people eat? When purchasing Atlantic snow crab clusters to serve as an entree, allow one whole cluster per serving. If clusters are to be included in a main dish, allow six to eight ounces per serving. When buying snow crab claws, allow six to eight claws per main dish serving or two to three claws for each appetizer serving. For either frozen or canned meat, plan on four to six ounces per serving.*
Chef’s Tips

Atlantic snow crab can easily be a stand-alone item with dipping sauces, paired with chicken or steak as a “surf & turf” item, as an elegant appetizer, or as the value-added ingredient in soups, salads and sandwiches.

To easily remove the meat, use a chef knife to square off the end, then pick up the piece with one hand and gently tap against your other hand, the meat will slip right out.

The shoulder meat is the flakiest meat found in the crab and is perfect for sandwiches, stuffing, and salads.

It is perfectly acceptable to serve a cluster with the meat inside as a value added enhancement to any meal.

Before using Atlantic snow crab, it is important to remove excess water and let the crab sit in a colander then gently squeeze any remaining liquid out by hand. Because crab meat is delicate, be sure to use a gentle touch.

Because snow crab meat is salty, always taste your product before adding additional salt.

When making crab cakes, it’s important to place the formed cakes in the refrigerator for an hour or two to let the flavors meld and the ingredients to all reach the same temperature ensuring that they will hold together better during the cooking process.

Getting the Most Out of Your Snow Crab

Because of its versatility and availability, Atlantic snow crab is recognized as one of the best shellfish values.

The claws make excellent hors d’oeuvres (allow at least three per guest) and the meat is wonderful served cold in salads, dips, stuffings, spreads or hot in bisques or soup, canapés, omelettes, soufflés, or in sauces used on pasta.

Do not discard the shells of the crab as these can be used to make flavorful bisque or seafood stock that can be kept for future use in chowders and soups.
**Atlantic Canada Snow Crab Cakes with Dill and Caper Remoulade**

**INGREDIENTS**
- 1 lb (500 g) snow crab meat
  (if frozen, thaw and thoroughly squeeze out excess liquid)
- ¼ cup (50 mL) yellow pepper, minced
- ¼ cup (50 mL) red pepper, minced
- ½ cup (125 mL) red onion, minced
- 2 tbsp (30 mL) fresh dill, chopped
- ¼ cup (50 mL) mayonnaise
- 1 egg white
- ¼ cup (50 mL) bread crumbs (plus extra for breading)
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper

Mix all ingredients well and divide into twelve balls.
Form each ball into a cake about 1 inch, then roll in bread crumbs and gently pan fry until golden brown.
Serve hot with dill remoulade.

**DILL AND CAPER REMOULADE**
- 2 tsp (10 mL) fresh dill, finely chopped
- 2 tsp (10 mL) fresh lemon juice
- 2 tsp (10 mL) fresh lime juice
- 2 tbsp (30 mL) shallots, finely minced
- ¾ cup (175 mL) mayonnaise
- 1 egg white
- ¼ cup (50 mL) bread crumbs (plus extra for breading)
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper

Mix all ingredients well and divide into twelve balls.
Form each ball into a cake about 1 inch, then roll in bread crumbs and gently pan fry until golden brown.
Serve hot with dill remoulade.

(Source: The Kilted Chef Alain Bossé)

**Layered Snow Crab Peppered Avocado and Salted Tomato Concasse Salad with a Citrus Honey Vinaigrette**

**INGREDIENTS**
- 1 lb snow crab leg meat
- 1 lb snow crab claw meat chopped
- 1 English cucumber sliced on the bias

To assemble, place 4 slices of the cucumber on the bottom of your plate for your base, in a 2 inch ring layer on top the chopped crab claws, drizzle 1 tsp of the vinaigrette, layer the peppered avocado, the slat tomato add the crab leg meat finish with a tbsp. vinaigrette, remove the ring and garnish with fresh herb.

**SALTED TOMATO CONCASSE**
- 2 med tomatoes diced
- 2 tsp sea salt

In a bowl toss the tomatoes, place in a strainer add a piece of paper towel on top and add weight like a tomato can to create wait to drain the juices, refrigerate for 1 hour.

**PEPPERED AVOCADO**
- 1 ripped avocado diced
- 8 turn pepper mill
- 1 tsp mayonnaise

In a small bowl toss avocado, pepper and mayonnaise and place in the refrigerator for 15 minutes cover to avoid turning color.

**CITRUS HONEY VINAIGRETTE**
- 1/4 of a shallot finely diced
- 1/4 cup honey
- 1/4 cup freshly squeezed lemon juice
- zest of half a lime
- juice of 1 lime
- 1/2 cup canola oil
- 1 tbsp Dijon mustard
- 1 tbsp chives finely chopped

Combine the dressing ingredients in a mason jar with a tightly fitting lid and shake vigorously or if you prefer whisk all ingredients in a bowl until they emulsify. Refrigerate for one hour prior to serving. The vinaigrette will keep for 10 to 14 days in the refrigerator.

(Source: The Kilted Chef Alain Bossé)

**Stuffed Mushroom Caps Au Gratin**

**INGREDIENTS**
- 18 stuffer mushrooms
- 30 mL chopped shallots
- 10 mL fresh chopped parsley
- 4 tsp (20 mL) bread crumbs
- 175 mL grated Emmental cheese

Preheat oven to 450°F (230°C).
Clean mushrooms by brushing. Remove stems and chop. Reserve caps.
In a small skillet over low heat melt butter; add mushroom pieces and shallots; cook until all juices have evaporated. Cool slightly. In a bowl, add mushrooms, cream cheese, drained snow crab (squeezed to medium dry), bread crumbs, chives, tomato, pepper and parsley. Mix well. Taste and adjust seasonings.
Fill mushrooms and place in a lightly oiled pie plate; top with cheese.
Bake on middle rack for 15-20 minutes.

(Source: New Brunswick Government)
Snow Crab Cucumber Timbale

INGREDIENTS
• 2 English cucumbers cut into 1 inch pieces, hollow out half the meat leaving just enough for a sturdy bottom
• ½ pound (250 g) snow crab meat
• 2 tbsp (30 mL) mayonnaise
• ½ tsp (2 mL) chipotle pepper sauce
• ½ lime juice only
• 2 sprigs cilantro chopped

In a medium sized bowl, mix the snow crab, mayo and chipotle sauce, then add the cilantro and lime juice. Mix and refrigerate for 30 minutes.

Place your cucumber timbales on your serving platter and fill with the crab mixture, garnish with cilantro and pink peppercorns.

(Source: The Kilted Chef Alain Bossé)

Snow Crab Flakes

INGREDIENTS
• 1 lb snow crab meat, thawed out in the refrigerator and squeezed dry in paper towel
• 6 large potatoes peeled, shredded and squeezed dry with paper towel
• 6 spring onions finely chopped
• 3 eggs mixed with 2 tbsp whipping cream and 3 tbsp all-purpose flour
• ½ cup melted butter
• ½ cup canola oil
• 1 lb snow peas, strings removed and blanched in salty water for one minute
• 1 large celeriac/celery root
• 1 whole garlic, oven roasted
• 1 ½ cup mayonnaise
• 1 tbsp smoked paprika

DIRECTIONS
1. Bake the garlic in the oven at 350°F until golden brown.
2. When cooled down, squeeze out the garlic cloves and chop up finely and mix into the mayonnaise.
3. Peel the celeriac. Cube and cook in salty water for 15-20 minutes.
4. Drain and puree with a blender stick.
5. Chill puree and then mix with the garlic mayonnaise and smoked paprika.
6. Keep mixture chilled.
7. Make sure the frozen cooked crab meat and potatoes are dry.
8. Mix both with egg mixture.
9. Chill mixture for half an hour.
10. Wash and trim the snow peas for the strings on each side.
11. Blanch snow peas in salty water for a minute, then rinse under cold water. You can either serve the snow peas warm or cold.
12. In a large non-stick skillet heat up the butter and canola oil over medium heat.
13. Place a large serving spoon full of the crab-potato mix into the skillet and bake as you would do with pancakes or latkas.
14. They are ready to serve when golden brown on each side.

SERVING
Place two Snow-Crab-Flakes on each plate and a good dollop of the celeriac aioli. Serve with snow peas. A side dish of watermelon slices, sprinkled with freshly chopped mint, feta cheese and balsamic vinegar is a great flavour combination. Serve as an appetizer, or for lunch or breakfast.

(Recipe provided by: Chef Lars Willum, Victoria Cooperative Fisheries)
THE ULTIMATE GUIDE TO ATLANTIC CANADA SNOW CRAB

HOW TO CRACK

1. Detach the legs by twisting and pulling them. Break the leg in sections from the tip to the shoulder.
2. Use heavy-duty scissors or a knife to cut lengthwise through the white section of the shell. Then remove the meat with a fork or by hand.
3. Break the claws using a chef knife. Grasp claw by the two pincers and strike it at the thickest part, embedding the knife about ¼ inch into the shell. Twist knife to crack claw open.
4. Break the shoulder cartilage by hand and remove meat.

CHEF’S TIPS

● Maintaining the frozen crab at constant, cold temperatures of -12°C (-10°F) or colder is key to preserving its high quality and to ensure maximum shelf life.
● Never allow it to thaw until you are ready to use it.
● Pre-cooked snow crab that has been thawed will keep in the fridge for two to three days.
● Drain crab meat well and give it a gentle squeeze to remove excess liquid.
● Taste the meat before adding salt.

SERVING SIZES

○ Use one whole cluster per serving for an entree
○ Allow 6 to 8 claws per main dish
○ Serve 2 to 3 claws for an appetizer
○ Use 4 to 6 oz. of meat per serving

PRODUCTS

CLUSTERS & SECTIONS
WHOLE-COOKED & RAW COMBO PACK
SALAD & LEG MEAT CLAWS (CAP-OFF)
SPECIALTY PACKS

The shells of the crab can be used to make flavorful bisque or seafood stock.

AVAILABLE YEAR ROUND FROM A SUSTAINABLE FISHERY WILD-CAUGHT BY INDEPENDENT HARVESTERS HARVESTED WITH INTEGRITY