

Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Marinate seafood in the refrigerator and discard used marinade as it contains raw juices which may harbor bacteria. For basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

- For Live Crab: Blue crabs should have some leg movement when purchased. Discard dead crabs and those with broken shells.
- Store crabs in a cool, moist environment at 50 degrees in a breathable container such as a paper bag or cardboard box.
- Store pasteurized blue crab meat in unopened containers up to six months in the coldest part of your refrigerator. Once opened, use within three days.
- Store fresh blue crab meat on ice in the coldest part of your refrigerator and use within 7 to 10 days.
- For Soft-shell Blue Crab: Soft-shell blue crabs are available live, fresh or frozen. Fresh soft-shell blue crabs should be cooked within two days.
- Cleaned soft-shell crab can be stored in the refrigerator at 32 degrees up to four days.

Cooking Tips

- Before you prepare live crabs, allow them to warm to room temperature. Cold crabs will be slow and lethargic and may appear to be dead.
- Add crab to boiling seasoned water and simmer for 12 to 15 minutes. Shells will turn red when cooked.

How Much to Buy

- Blue crab, in shell 3 to 4 whole crabs per serving
- Blue crab, meat ¼ pound per serving

Blue Crab

The blue crab is aptly described by its scientific name, *Callinectes sapidus* (*Calli*, beautiful; *nectes*, swimmer; and *sapidus*, savory). Blue crab is a shallow water crab found along Florida's Atlantic and Gulf coasts.

The blue crab has a dark green or brown-green hard shell and five pairs of bright blue legs. Only the first pair of legs is equipped with pincers or claws. Male and female claws are various shades of blue on the top but the tips of the female's claws are bright red. The undersides of the body and legs are white. The crab shell turns a scarlet red when cooked.

Blue crab is available as hard-shell or soft-shell crab. The soft-shell blue crab is a hard-shell crab that has shed its shell in a process called molting. When ready to molt, the crab or "peeler" is held in water filled trays until the soft shell is formed and it sheds the hard shell. Hard-shell crab is commonly boiled whole and served in its shell. The soft-shell crab is prepared differently and the entire crab may be eaten, shell and all, after cooking.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 90, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Sodium 32mg, Total Carbohydrates 0g, Protein 19g, Omega 3 Fatty Acid 0.32g.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

FreshFromFlorida.com/Seafood



Florida Department of
Agriculture and Consumer Services

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Seafood Recipes



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Florida Blue Crab Cakes with Tangy Butter Sauce

Ingredients

$\frac{1}{4}$	Cup red onion, finely chopped
2	Tablespoons fresh parsley, chopped
3	Tablespoons light mayonnaise
2	Tablespoons Dijon mustard
$\frac{3}{4}$	Teaspoon seafood seasoning
$\frac{1}{2}$	Teaspoon Worcestershire sauce
2	Egg whites lightly beaten
1	Pound lump blue crabmeat, drained, shell pieces removed
1 $\frac{1}{2}$	Cups panko (Japanese breadcrumbs), divided
2	Tablespoons olive oil
$\frac{3}{4}$	Cup fat-free chicken broth
3	Tablespoons shallots, chopped
2	Tablespoons white wine vinegar
2 $\frac{1}{2}$	Tablespoons butter

Preparation

Combine first seven ingredients in a medium bowl. Gently fold in crabmeat and $\frac{3}{4}$ cup panko crumbs. Cover and chill 30 minutes. Shape the crab mixture into 8 patties each $\frac{3}{4}$ -inch thick.

In a shallow dish, roll patties in remaining $\frac{3}{4}$ cup panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden.

For butter sauce, combine broth, shallots and vinegar in a small saucepan. Bring to a boil and cook until reduced to $\frac{1}{4}$ cup. Remove from heat and stir in butter. Serve with crab cakes.

Yield

4 servings

Florida Blue Crab Nachos

Ingredients

$\frac{1}{2}$	Pound crabmeat, drained, shell pieces removed
1 $\frac{1}{2}$	Cups jack cheese blend, shredded
1	Cup cooked black beans, drained and rinsed
2	Medium-sized tomatoes, diced
1	Small can diced green chilies, drained
$\frac{1}{2}$	Cup scallions, diced
1	Teaspoon dried cumin
$\frac{1}{2}$	Bag tortilla chips
$\frac{1}{4}$	Cup fresh cilantro

Preparation

Preheat the oven to broil. On a large cookie sheet, evenly distribute the tortilla chips. Evenly distribute the rest of the ingredients except the cilantro, over the tortilla chips. Place the topped tortillas in the oven on a middle rack. Cook nachos under the broiler for 5 to 7 minutes or until cheese is completely melted. Make sure to keep a good eye on the nachos because they will burn under the broiler if not careful. Slide the cooked nachos off the cookie sheet and onto a similar sized platter. Garnish nachos with the fresh cilantro. Serve nachos immediately.

Yield

4 to 6 servings

Florida Blue Crab Fritters

Ingredients

$\frac{1}{2}$	Cup self-rising corn meal
$\frac{1}{2}$	Cup self-rising flour
1	Teaspoon baking powder
1	Clove garlic, minced
1	Medium onion, minced
$\frac{1}{4}$	Cup fresh parsley, minced
1	Teaspoon hot sauce
$\frac{1}{2}$	Teaspoon seafood seasoning
1	Egg
$\frac{1}{2}$	Cup buttermilk
	Salt and pepper to taste
1	Pound blue crab lump meat
	Canola oil for frying

Preparation

In a large bowl, stir together the dry ingredients; add the milk, hot sauce and egg mixing until smooth. Fold in the crab. Heat the oil in a heavy saucepan or deep fryer to 375 degrees. Drop tablespoonfuls of the batter into the hot oil. Fry 2 to 3 minutes until golden brown, turning once if needed.

Drain on paper towels. Serve hot.

Yield

6 servings