

Cooking Tip

Salt water from the ocean has optimal salt content for cooking crabs. When at home, mixing 3/4 cup salt, (or 1 cup rock salt), to one gallon of fresh water approximates the salt content of sea water. Once your water is boiling, toss in the cleaned crab halves. Once the crab is in the pot, bring the water back to a boil and cook for 11 minutes. After 11 minutes, remove the cooked crabs and rinse or submerge them in cold water to stop the cooking process. Place the crabs on ice or serve.

Humboldt Baykeeper Mission

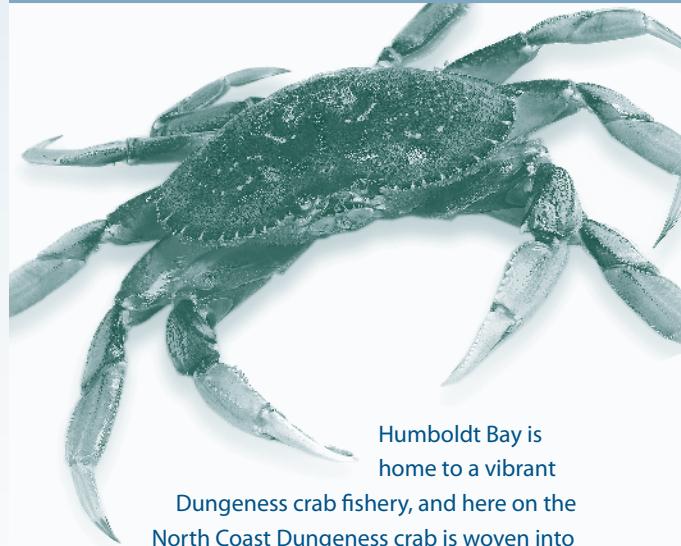
Humboldt Baykeeper, launched in October 2004, works to safeguard our coastal resources for the health, enjoyment, and economic strength of the Humboldt Bay community through education, scientific research, and enforcement of laws to fight pollution.



422 First Street, Suite G • Eureka, CA 95501 • (707) 268-0664

www.humboldtbykeeper.org

Safety Tips for Cleaning and Cooking Dungeness Crab



Humboldt Bay is home to a vibrant

Dungeness crab fishery, and here on the North Coast Dungeness crab is woven into our local culture and diet. Dungeness crab is an excellent source of protein, is low in fat and calories, and contains important minerals, such as calcium, iron and magnesium, as well as essential amino acids.

The following technique for cleaning and cooking Dungeness crab is suggested because of increased levels of pollution in our bays and oceans. Shellfish can be contaminated with harmful chemicals and heavy metals, including dioxin, PCBs, and mercury.



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To avoid exposure to harmful chemicals, it is important to clean crabs thoroughly before cooking and eating them. **Only the meat of crabs should be consumed - not their internal organs.** Do not eat the soft “green stuff” (called “crab butter,” mustard, tomalley, liver or hepatopancreas) found in the body section of crabs.

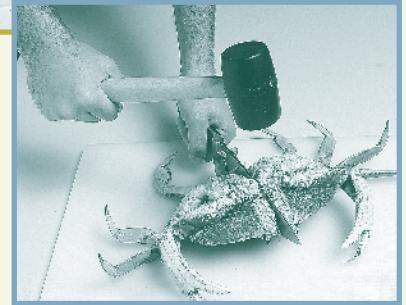
Here is a way to kill and clean live crabs before you cook them that will leave little room for doubt about their safety. Preparing crab this way, rather than cooking them whole, is safer, tastier, and produces considerably less odor. Enjoy!

1) Turn the live crab on its back. Take a large sharp knife or cleaver, and place the blade down the center of the crab against the abdomen. With a hammer or mallet, drive the blade through the shell and abdomen. This will kill the crab instantly and makes it easy to separate the meat from the carapace (back). Pull the two halves of the body away from the carapace. *(See Pictures A & B)*

2) Remove the gills from each half of the crab. Over a sink or bowl, shake the remaining the “green stuff” free from the meat. This can be done with a quick flick of the wrist. Give the halves a quick rinse with water and they are ready for cooking. *(See Pictures C & D)*



B



C



D

