CATANESE CLASSICS

Crab, King

ABOUT

The largest of the commercially harvested crabs, king crabs are characterized by spiny shells and long, spidery legs. King crabs have six walking legs, one large “killer” claw and one small “feeder” claw. The best meat is the merus, which comes from the upper section of the walking leg. The crabs grow to 6 feet, from leg tip to leg tip, and from 4 to 10 pounds. Shell color varies according to harvest location. While red is the most common of the king crab species, there are also blue (P. platypus) and brown, or golden (Lithodes aequspina), king crabs. Red is most marketable, primarily because of size, followed by blue and then brown. Kings are found in shallow waters (60 to 100 fathoms) off the shores of Southeast Alaska and in the Bering Sea on flat, plain-like stretches of sea floor. King crabs often march in herds across vast expanses of these plains. They are caught in large, wire-mesh traps that measure 7 x 7 x 10 feet.

PRODUCT PROFILE

King crab is sweet, moist and rich. It’s a bit firmer and coarser than Dungeness crab meat. The king’s body meat is slightly flakier than the leg meat. The spiky shell of the cooked crab leg is a bright red. The meat is snow white with a scarlet membrane.Almost all king crab sold in the U.S. market has been cooked and brine frozen. However, if processed correctly, the meat should not taste salty. Flavor is best just after thawing.

COOKING TIPS

King crab meat, chunked, flaked or shredded, can be served hot or cold. For hot menu items, gentle heating is all that’s required. Add to soups and stews during the last 5 minutes of cooking. Legs are often served in the shell with drawn butter. To steam, throw legs in a covered pot with an inch or so of water, bring to a boil and steam just until heated through, about 5 minutes.



NUTRITION FACTS

Calories	84
Fat Calories	5.4 g.
Total Fat	0.6 g.
Saturated Fat	0.1 g.
Cholesterol	42 mg.
Sodium	836 mg.
Protein	18.3 g.
Omega 3	N/A

PRIMARY PRODUCT FORMS

Fresh: Cooked sections, Cooked legs, Cooked claws, Picked meat

Frozen (most common): Cooked sections, Cooked legs, Cooked claws

GLOBAL SUPPLY

Japan, Russia, United States

COOKING METHODS

- [x] Bake
- [x] Boil
- [ ] Broil
- [ ] Fry
- [ ] Grill
- [ ] Pate
- [ ] Poach
- [ ] Saute
- [ ] Smoke
- [x] Steam