CATANESE CLASSICS

Crab, Rock

ABOUT

Once considered “trap trash” the peekytoe crab has become coveted table treasure, thanks to a Maine seafood entrepreneur’s clever marketing campaign and the species’ delicate, sweet flavor. Known in Down East Maine dialect as “picket toe” or “picked toe,” the crab was dubbed “peekytoe” by Rod Mitchell of Browne Trading Co. in Portland, Maine. Because peekytoe crabs cannot be shipped live, the meat must be meticulously hand picked. As a result, the crab is the basis for one of the few “cottage” seafood industries left in the United States. Only a handful of processors in Maine and Canada specialize in peekytoe, which only adds to the product’s allure. Although technically a rock crab species found from Labrador to Florida, “peekytoes” originally referred only to rock crabs caught in Down East Maine’s Penobscot Bay. However, as peekytoe fever caught on with chefs and diners, sourcing expanded to include rock crabs from Nova Scotia to Rhode Island. There is no dedicated peekytoe fishery; the crabs are still a lobster-fishery bycatch, with peak availability in summer.

PRODUCT PROFILE

Peekytoe is a smaller crab than Jonah, with claws too small to sell whole. Peekytoe meat is pink or cream with reddish-brown highlights. The crab has a delicate, sweet-salty flavor and is light in texture.

COOKING TIPS

Peekytoe lends itself to gourmet salads and appetizers and simple treatments. In the crab’s home state of Maine, the meat is most often mixed with mayonnaise and served in crab rolls or prepared as crab cakes. Peekytoe meat can be applied to all recipes calling for crabmeat, including chowders, casseroles, stir fries and dips. As the meat comes cooked, heat through only as necessary for hot recipes to preserve the delicate flavor and texture.



NUTRITION FACTS

Calories	118
Fat Calories	16 g.
Total Fat	1.8 g.
Saturated Fat	0 g.
Cholesterol	70.6 mg.
Sodium	812 mg.
Protein	23.5 g.
Omega 3	N/A

PRIMARY PRODUCT FORMS

Fresh: Cooked (picked meat)
Frozen: Cooked (picked meat)

GLOBAL SUPPLY

Canada, United States

COOKING METHODS

☐ Bake	☑ Boil	☐ Broil	☐ Fry	☐ Grill
☐ Pate	☑ Poach	☐ Saute	☐ Smoke	☑ Steam