CATANESE CLASSICS

CRAWFISH

ABOUT

Crawfish are freshwater crustaceans that resemble miniature lobsters, ranging in size from 3 1/2 to 7 inches. Over 400 species are found worldwide, 250 of which are in North America, living in rivers, lakes, swamps, canals, wetlands and irrigation ditches. The most important farmed U.S. species is red swamp crawfish (Procambarus clarkii), found in southern Louisiana. Second is the white-river crawfish (P. acutus) from northern Louisiana. Approximately 90 percent of the U.S. farmed and wild crawfish production comes from Louisiana, where crawfish are trapped in the wild and farmed as a rotating crop with rice. In China, crawfish are cultivated in ponds with other fish. In California, fishermen trap coolwater crawfish in rivers that feed the Sacramento Delta. Fishermen in the Midwest trap the species in lakes.

PRODUCT PROFILE

Crawfish meat is sweet like lobster meat but more tender and not quite as rich. Alive, red swamp crawfish are red to nearly black; white-river crawfish are light to dark brown. All crawfish cook up brilliant red. Cooked meat should be a clean white. Softshell crawfish are those that have just molted. Make sure live product is indeed alive before cooking. As with lobster, the meat deteriorates rapidly after death. Crawfish fat is yellow and contains most of the flavor. It can be purchased as a separate product. Removing it from crawfish meat improves the shelf life.

COOKING TIPS

Boil in spicy Cajun or Creole seasonings or use Scandinavian dill seasonings. Jambalaya, bisque and etouffeé are traditional presentations. Use only live, clean crawfish. Cook immediately by dropping into boiling water. Keep them cold until ready to cook. Live crawfish should splay their claws when grabbed. If an animal is limp or its tail doesn't curl when cooked, toss it.



NUTRITION FACTS

Calories	77
Fat Calories	8 g.
Total Fat	0.9 g.
Saturated Fat	0.2 g.
Cholesterol	114 mg.
Sodium	58 mg.
Protein	15.9 g.
Omega 3	0.2 g.

PRIMARY PRODUCT FORMS

Live: Purged, Unpurged
Fresh: Whole (cooked), Softshell, Tail meat (with or without "fat")
Frozen: Whole (cooked), Shell-on tails, Tail meat (cooked/un-cooked, with or without "fat")
Value-added: Marinated (spiced whole-shell), Marinated (spiced tail meat), Frozen entrées

GLOBAL SUPPLY

China, Japan, Norway, Sweden, United States

COOKING METHODS

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