

## Stone Crab



## Stone Crab

### 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.
- Always marinate seafood in the refrigerator. Discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw seafood.

### Buying and Storing Tips

- Fresh stone crab claws should have a mild sea breeze aroma.
- Store cooked crab claws and picked meat in the coldest part of the refrigerator at 32 degrees. Use within two days.
- Stone crab claws without cracks in the shell can be frozen at 0 degrees for up to six months.
- Thaw frozen stone crab claws in the refrigerator for 12 to 18 hours. Do not thaw in cold water because flavor and texture are affected.

### Cooking Tips

- Stone crab claws are sold fully cooked, fresh or frozen. Claws are cooked immediately after harvest to prevent the meat from sticking to the inside of the shell.
- To serve as an appetizer, crack and remove each claw's shell and movable pincer, leaving the meat attached to the remaining pincer. Serve with drawn butter and fresh lime juice.

### How Much to Buy

- Buy 3 to 4 claws per serving depending on size.
- Medium: 6 to 8 claws per pound
- Large: 5 to 6 claws per pound
- Jumbo: 2 to 4 claws per pound
- 2 ½ pounds of medium-size stone crab claws yield approximately 1 pound of picked crabmeat.

Stone crabs are found in bays and estuaries along the Atlantic and Gulf coasts, but the claws are commercially harvested almost entirely in Florida. Florida law forbids the harvesting of whole stone crabs, and once the claws are removed, the live stone crabs are returned to the water. Only claws 2 ¾ inches in length or longer are allowed to be harvested. Stone crabs will regenerate new claws in about 18 months. Freshly harvested claws are cooked immediately after harvest and sold either fresh-cooked or frozen in seafood markets. This highly nutritious delicacy is usually served in the shell with an accompanying sauce.

Note: The only crabs allowed to be labeled "stone crab" are the two species of stone crab, and their hybrids harvested in Florida, other Gulf Coast states, and the Caribbean. It is illegal to label and advertise crabs from Chile and Jonah crabs as stone crabs.

Nutritional Value Per Serving: For approximately 3 ounces (85 grams) of cooked edible portions (equivalent to 4 medium claws): Calories 60, Calories From Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 45mg, Total Carbohydrates 0g, Protein 15g, Omega 3 Fatty Acid 0g.

Mislabeled 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](http://FreshFromFlorida.com/Seafood)



Florida Department of  
Agriculture and Consumer Services

DACS-P-01440  
Rev. 04-2016



[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)



## Honey Citrus Florida Stone Crab Claws with Hearts of Palm Salad

### Ingredients

- 3 Pounds medium stone crab claws, cooked and chilled
- ½ Cup sugar
- ½ Cup rice wine vinegar
- ¼ Cup honey
- ½ Cup orange or tangerine juice
- 8 Hearts of palm, fresh or canned
- ¼ Cup red onions, thinly sliced
- ¼ Cup red bell peppers, roasted, thinly sliced
- ¼ Cup yellow bell peppers, roasted, thinly sliced
- 2 Medium oranges or tangerines, peeled and sectioned
- ¼ Cup fresh tarragon leaves, chopped
- 2 Cups fresh spinach, finely chopped
- ½ Cup extra virgin olive oil
- ¼ Cup rice wine vinegar
- 2 Tablespoon fresh parsley, finely chopped

### Preparation

Crack claws; remove shell and movable pincer, leaving the meat attached to the remaining pincer. Set aside. In a small saucepan, combine the sugar, vinegar, honey and orange or tangerine juice. Bring to a boil and cook until thickened to syrup. Remove from heat, cool and set aside. Slice hearts of palm into thin strips. In a bowl, combine the hearts of palm, onions, peppers, orange or tangerine segments, tarragon and spinach. Dress salad with olive oil and vinegar; toss until moistened. Serve salad in the center of each plate with stone crab claws arranged around the edge. Drizzle the honey citrus sauce over all and garnish with chopped parsley. Serve with extra honey citrus sauce on the side.

### Yield

4 servings

## Florida Stone Crab Claws with Key Lime Mustard Dipping Sauce

### Ingredients

- 3 Pounds stone crab claws, medium sized
- 1 Cup low-fat mayonnaise
- 5 Tablespoons Dijon style mustard
- 4 Key limes (or two regular limes), juiced
- Sea salt and fresh ground pepper to taste

### Preparation

Crack claws using a wooden hammer or a seafood cracker; remove shell and movable pincer leaving meat attached to the remaining pincer. Set aside and keep refrigerated until use. In a small bowl combine mayo, Dijon and lime juice. Taste the mustard sauce and adjust seasoning with salt and pepper. Serve stone crab claws with the mustard sauce.

### Yield

4 servings

## Florida Stone Crab Claws with Orange-Horseradish Sauce

### Ingredients

- 16 to 20 Stone crab claws
- 2 Tablespoons fresh horseradish, or more to taste
- 8 Ounces orange marmalade
- Sea salt to taste and fresh ground pepper to taste
- 2 Florida oranges quartered

### Preparation

In a small mixing bowl, combine horseradish and orange marmalade. Mix ingredients well. Taste sauce and adjust seasoning with extra horseradish, salt and pepper. Serve sauce with stone crab claws. Garnish with lettuce, fresh slices of orange and fresh herbs.

### Yield

4 servings