Coast to Coast IMPORTING

# DUNGENESS CRAB

Ask seafood connoisseurs about the best eating crab on the planet & the answer will often be Dungeness. This delectable gift from the Pacific is treasured for its beautiful shell color, distinctively sweet flavor & tender pink-tinged meat. It's hard to beat Dungeness in its purest form, just plucked from the shell & paired with melted butter or dipping sauces like mayonnaise or aioli. The rich & savory meat can be served chilled, crab Louis or cocktail style & it can delight as a featured ingredient in tempting hot entrées.

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## PRODUCT FORMS

Clusters

Snap 'n eat Legs & Claws

## COOKING METHODS & APPLICATIONS

**Broiling** • Grilling • **Baking** • Sautéing • Pan-Frying • Deep-Frying • Poaching • **Steaming** • **Braising** • **Stewing**

- Excellent as stuffing's for various dishes
- Always a sure hit served by itself
- Distinctive flavor
- Ideal for cocktails and salads

## SELLING POINTS

- Considered by many to be the most flavorful crab
- Popular whether on the shell or picked
- Heat and serve convenience
- More compact product than snow or king crab
- Generally low in fat with 1gram of fat per 4oz serving

**Nutrition Facts**

Serving Size 3 oz. meat (85g)
Servings Per Crab (1.5 approx)

| Amount Per Serving | |
|---|---|
| **Calories** 93 | Calories from Fat 10 |
| | % Daily Value* |
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | |
| **Cholesterol** 65mg | 22% |
| **Sodium** 321mg | 13% |
| **Total Carbohydrate** 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 19g | |

Vitamin A 2% • Vitamin C 5%
Calcium 5% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

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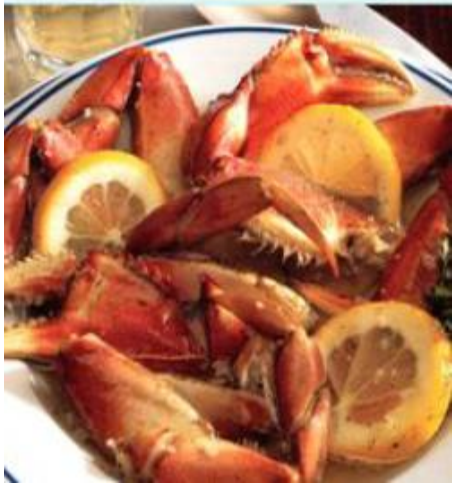


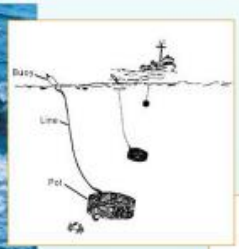
## HARVEST MAP

**Dungeness Crab**
*Cancer magister*
Season: June-Sept - Alaska
Dec- Mar - West Coast

Harvesting areas
Processing Centers


## FISHING METHOD

**Pots or Traps:** Rigid devices which are often designed specifically for one targeted species. Generally, pots o traps are baited and equipped with one or more funnel openings; they are left unattended for some time before retrieval. The pots or traps are weighted to rest on the bottom, with marked buoys at the surface.




## FISHERIES MANAGEMENT

No quota system is in place for Dungeness. Permits are issued to a limited number of fishing vessels based upon prior participation. The average boat fishes 300-400 pots in depth of 30-600 feet of water. Only mature male crabs measuring 6 ¼" or more across the shell are harvested. Juvenile males and all females are returned to the seat to insure healthy stocks for future harvest.