

How to Properly Cook

Clean crab as per the instructions on the reverse side of this pamphlet. After cleaning, cook blue crab about six minutes. Cooked blue crabs have a bright red shell and their meat is no longer translucent. **Discard cooking water or marinade.**

Blue Crab Boil

Thoroughly combine fresh ground spices to your taste. Consider dill, mustard seed, cumin, chili, paprika, rosemary, thyme, sage, parsley, cloves, bay leaves, salt and red pepper.

Bring a large pot of water to a rolling boil. Add the dry ingredients along with three large onions, five lemons and five heads of garlic. Stir until the dry ingredients are dissolved and the water is tinted.

Add cleaned crabs and boil six minutes, until the shells turn bright red, stirring occasionally to ensure even cooking. Remove from heat and **discard cooking water**. Serve with your choice of meats and vegetables.



Do not harvest blue crabs from the Newark Bay, Hackensack River or Passaic River. Limit consumption of blue crab from the Raritan Bay to one meal per month.

Crabs from these restricted areas contain elevated levels of contaminants, such as mercury, PCBs and dioxins. Eating them may cause cancer, neurological damage, miscarriages or developmental impairments in children or fetuses.

Never eat the crab's green gland (tomalley)

Go to:

FishSmartEatSmartNJ.org

Got your claws in New Jersey Blue Crab?



HOW TO PROPERLY CLEAN AND COOK

Go to:

FishSmartEatSmartNJ.org



(609) 984-6070

(609) 826-4935

HOW TO PROPERLY CLEAN A CRAB

© 2006 Steven C. Zinski. All rights reserved.



1. Stun live blue crab by placing in ice water for five minutes



2. Grasp crab by its legs and under top shell spine (stunned and can be handled bare handed)



3. Pry off the top shell using the shell's spine for leverage. This instantly kills the crab



4. Flip crab over and remove the apron



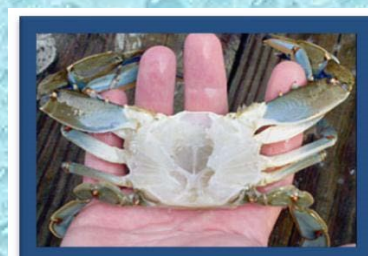
5. Using high pressure water, spray out the entrails



6. Using thumb, twist off the mouth parts



7. Remove spongy gills from both halves and rinse



8. Cleaned and ready to cook

WARNING

To prevent chemical contaminants from entering your body, clean crabs thoroughly before cooking. Scrub exterior shells and remove entrails, as chemicals concentrate in the crab's digestive organs. Be sure to remove the crab's **green gland (tomalley)**.

DANGER

Mercury, polychlorinated biphenyls (PCBs) and dioxins are especially harmful to babies and young children. They can cause cancer, developmental impairments and miscarriage. Women who are pregnant or plan to become pregnant, breastfeeding women and young children should not eat blue crabs from restricted areas* (*see back panel).

DANGER

Do not clean or handle crab if you have an open cut, wound, burn or a weakened immune system. Marine waters naturally carry bacteria called *vibrios*, which can cause life-threatening illness known as *sepsis*. Seek immediate medical attention if you develop bulbous lesions or other signs of infection after being pinched by a crab or having contact with marine waters.