

Dungeness Crab

Latin Name *Cancer magister*

Chinese 太平洋大蟹

Japanese カニ

BC dungeness crab is well-known globally for its wonderful texture, flavour and culinary versatility

Flavour



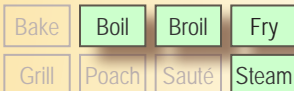
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams
(2.5-3.5 oz) of meat or
1-1½ crab per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	86.0
Total Fat (g)	1.0
Saturated Fat (g)	0.1
Protein (g)	17.4
Cholesterol (mg)	59.0
Sodium (mg)	295.0
Omega-3 (EPA & DHA)(g)	0.3

Canadian Nutrient File, Health Canada, 2007



How to Cook

Dungeness crab have a sweet, mild and slightly nutty taste with tender body meat and slightly firmer leg meat.

Whole crabs yield about 25% meat. Live crabs should be boiled in salted water for approximately 10 to 12 minutes, cooled and then cracked.

When preparing a whole crab for use, the viscera should be cleanly removed since it may contain heat-resistant biotoxins. Once cooked the shell turns bright orange.

Crab meat can be used in appetizers (like crab cakes), sandwiches, salads, soups, sushi, etc.

Recipes

Dungeness Crab Salad with Frisee and Spiced Lemon Curd

Dungeness Crab With Crème Fraîche Sauce

About ...

Dungeness crab is the most popular and the most traditionally harvested species of crab in British Columbia.

A member of the hard-shell crab family, dungeness crab has a light reddish-brown shell with a purple splotch towards the front. The underside is white to light orange.



Dungeness Crab Salad with Frisee and Spiced Lemon Curd

Availability

Available fresh all year



Products

Dungeness crabs are available:

- Fresh whole live
- Fresh whole cooked
- Frozen
- Shell leg portions- fresh cooked or frozen
- Leg and body meat - fresh or frozen
- Canned meat

Frozen products are available year-round