



Fresh Soft Crabs



Photo Courtesy of Handy International

Fresh soft crabs are quick and easy to prepare using a few simple ingredients so that the sweet delicate taste of the crabs can be enjoyed. They are great sautéed or grilled and served as an appetizer, on a soft roll for a sandwich or as an entrée. Suggested accompaniments are grilled baby red potatoes and an arugula salad. Enjoy!

Sautéed Soft Crabs

Soft crabs

4 tbs. unsalted butter or oil*

2 tbs. fresh lemon juice

All purpose flour

Salt and pepper to taste

1 tbs. fresh parsley

1 clove garlic

(Cooks in 6 to 10 minutes)

Season the flour with salt and pepper. Lightly dust the crabs with the seasoned flour. Warm the butter (or oil) in a skillet over medium heat and add the garlic. Cook for a minute or until the garlic is golden. Remove garlic and add the crabs to the skillet. Cook for 3 minutes on each side or until the internal temperature reaches 160°F. Add lemon juice and parsley to the skillet and toss with crabs.

**Expeller pressed grape seed oil or an oil suited for high heat is recommended.*

Grilled Soft Crabs

Soft crabs

Lemon oil*

Extra virgin olive oil

Salt and pepper to taste

(Cooks in 6 to 10 minutes)

Pat soft crabs dry and very lightly brush with peanut oil (or other high quality oil). Season with sea salt and freshly cracked black pepper to taste. Gently place crabs on grill and cook for 4-5 minutes per side or until internal temperature is 160°F. Prior to serving, drizzle with lemon oil.

**Lemon oil: ¼ cup extra virgin olive oil, 1 tbs. freshly squeezed lemon juice, pinch of sea salt. Whisk ingredients together.*

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