



GEORGIA BLUE CRAB

TASTE: Tasty and tender, blue crab (*Callinectes sapidus*) is delicious when picked right from the cooked hard shell, eaten in crab cakes or in other recipes. Fried soft-shell blue crab is a highly-sought delicacy as well.

THE FISHERY: Blue crab is one of Georgia's largest commercial fisheries. Since 1998, it has been managed as a limited-entry fishery, which means harvesters can renew or transfer their current license, but no new licenses are being issued by the state. Because there is not a large market for blue crab in Georgia, most of the local crabs are transported to the Chesapeake Bay area where there is a larger demand from tourists and residents.

CATCH METHODS: Most crabs are caught in baited wire mesh traps placed in rivers and estuaries, while some crabs are harvested in trawl nets.

SEASON: Blue crabs are harvested year-round in Georgia, but the highest landings occur from late summer through fall.

NUTRITION: Blue crab meat is nutritious as well as delicious. A 3-ounce cooked serving has 71 calories and zero carbs. It is high in protein (*15 grams or 30% of daily reference value*) and very low in fat and saturated fat (*both less than 1 gram and 1%*). Blue crab meat is high in zinc and omega-3 fatty acids and provides 118% of daily need for vitamin B-12. However it is also high in cholesterol, so consumers who limit their dietary cholesterol should eat blue crab in moderation.

FUN FACT: After mating, female blue crabs produce sponge-like masses of eggs that remain attached to their bellies until the eggs hatch. It is illegal to harvest a sponge crab because of their importance in sustaining the fishery.

Recipes

CRAB CAKE BURGERS

Serves 4

Recipe adapted from "Roadfood Sandwiches: Recipes and Lore from Our Favorite Shops Coast to Coast" by Jane and Michael Stern

- 1 egg
- 2 tablespoons chopped fresh parsley
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 ½ tablespoons mayonnaise
- 1 pound lump crab meat (picked over to remove shell and cartilage)
- ¼ cup fresh bread crumbs (made from 1 slice of bread)
- 1 tablespoon vegetable oil
- 4 sandwich rolls
- 4 leaves lettuce
- 4 slices tomato

In a medium bowl beat egg with parsley, Old Bay, Worcestershire, mustard and mayonnaise. Add crab and bread crumbs and fold everything together by hand. Be careful not to over mix. Form 4 cakes, handling the mixture as little as possible. Cakes can be made up to one day ahead, covered and refrigerated.

In a large skillet, heat oil over medium-high heat until it just starts to shimmer. Cook the patties until outside is golden and interior is hot, about 5 minutes per side, turning once. Serve on rolls with lettuce and tomato.

CRAB AND CORN CHOWDER

Serves 6

Recipe from Jackie Ogden, UGA Extension

- ¼ cup chopped green onion
- 1 clove garlic, minced
- ¼ teaspoon cayenne
- 2 tablespoons margarine
- 2 cans (10 ¾ ounces) potato soup
- 1 package (8 ounces) cream cheese, softened
- 2 cups mil
- 1 can (14.5 ounces) whole kernel corn, undrained
- 6 ounces crabmeat
- 2 tablespoons sugar (optional)

Sauté onion, garlic and cayenne in margarine in medium saucepan over medium heat. Add soup, cream cheese, and milk; cook and stir thoroughly blended. Add corn and crab; bring to boil. Reduce heat; cover and simmer 10 minutes. Stir in sugar.

SEA ISLAND CRAB CASSEROLE

1 pound crabmeat
Mayonnaise
Lemon juice
Salt
White pepper

Mound 1 pound crabmeat in casserole dish. Handle lightly; do not pack the crab. Spread with mayonnaise. Sprinkle with lemon juice, salt, and white pepper. Top with three thin slices of lemon. Cover tightly and bake in 350 degree oven for 15 to 20 minutes. Serve on luncheon plate with sliced or stuffed tomato.

CRABMEAT DIP

Recipe from Jackie Ogden, UGA Extension

1 cup crabmeat
¼ cup lemon or lime juice
1 package (3 ounces) cream cheese, softened
¼ cup whipping cream
2 tablespoons mayonnaise
1 teaspoon instant minced onion
1/8 teaspoon garlic powder
1 teaspoon finely chopped green onion
2 dashes cayenne
1 teaspoon Worcestershire sauce
½ teaspoon salt

Marinate crabmeat in lemon juice for 30 minutes. Blend cream cheese and whipping cream (do not whip) until smooth and creamy. Stir in remaining ingredients and mix thoroughly. Fold in marinated crabmeat. Serve with crisp vegetable dippers, crackers, or chips. Makes about ½ cups

BOILED BLUE CRAB

Recipe from Southside Shellfish, GA

Soak blue crabs in ice and water for 15 minutes before boiling.

Add water and seasoning in large pot. Taste water before heating to determine amount of seasoning and salt. Bring water to a boil and add crabs. "NO ICE" Cook 15 minutes. Turn off heat. Let sit for 5 to 10 minutes.

CAPTAIN CRAIG'S CRAB STEW AKA "CRABBY CRAIG"

Recipe from Southside Shellfish, GA

1 stick of butter
1 can evaporated milk
1 can cream of celery soup
1 teaspoon old bay
1 pound fresh crab meat
Dash of salt

Melt butter in pot, add evaporated milk and cream of celery soup. Warm and add crab meat. Add seasoning to taste and salt.

RUSSO'S DEVEILED CRABS

Serves 8

Recipe from Russo's Seafood, GA

2 pounds claw crabmeat
½ cup onions, finely chopped
¼ cup bell pepper, finely chopped
¼ cup celery, finely chopped
½ stick butter
2 eggs, beaten
8 real crab shells
1 ½ sleeves Ritz crackers
¼ cup ketchup
Dash cayenne pepper
2 tablespoons mustard
2 tablespoons Worcestershire sauce
2 tablespoons Johnny Harris BBQ sauce or your favorite brand
1 tablespoon salt
½ tablespoons pepper

Sauté celery, onions and bell peppers in butter until tender. Place mixture in a large, mixing bowl beat in the eggs. Add all other ingredients and mix thoroughly. Fill 8 crab shells with the mixture bake in a 350 degrees F oven until brown on top.



FOR MORE INFORMATION:
GeorgiaSeafood.org



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