Seafood Safe Handling Tips

• When shopping, purchase seafood last and keep it cold during the trip home.
• Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
• After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
• Marinate seafood in the refrigerator and discard used marinade as it contains raw juices which may harbor bacteria. For basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

• For Live Crab: Blue crabs should have some leg movement when purchased. Discard dead crabs and those with broken shells.
• Store crabs in a cool, moist environment at 50 degrees in a breathable container such as a paper bag or cardboard box.
• Store pasteurized blue crab meat in unopened containers up to six months in the coldest part of your refrigerator. Once opened, use within three days.
• Store fresh blue crab meat on ice in the coldest part of your refrigerator and use within 7 to 10 days.
• For Soft-shell Blue Crab: Soft-shell blue crabs are available live, fresh or frozen. Fresh soft-shell blue crabs should be cooked within two days.
• Cleaned soft-shell crab can be stored in the refrigerator at 32 degrees up to four days.

Cooking Tips

• Before you prepare live crabs, allow them to warm to room temperature. Cold crabs will be slow and lethargic and may appear to be dead.
• Add crab to boiling seasoned water and simmer for 12 to 15 minutes. Shells will turn red when cooked.

How Much to Buy

• Blue crab, in shell 3 to 4 whole crabs per serving
• Blue crab, meat ¼ pound per serving

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 90, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Sodium 32mg, Total Carbohydrates 0g, Protein 19g, Omega 3 Fatty Acid 0.32g.

Mislabeling seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.
### Florida Blue Crab Fritters

**Ingredients**
- ½ Cup self-rising corn meal
- ½ Cup self-rising flour
- 1 Teaspoon baking powder
- 1 Clove garlic, minced
- 1 Medium onion, minced
- ¼ Cup fresh parsley, minced
- 1 Teaspoon hot sauce
- ½ Teaspoon seafood seasoning
- 1 Egg
- ½ Cup buttermilk
- Salt and pepper to taste
- 1 Pound blue crab lump meat
- Canola oil for frying

**Preparation**
In a large bowl, stir together the dry ingredients; add the milk, hot sauce and egg mixing until smooth. Fold in the crab. Heat the oil in a heavy saucepan or deep fryer to 375 degrees. Drop tablespoonfuls of the batter into the hot oil. Fry 2 to 3 minutes until golden brown, turning once if needed. Drain on paper towels. Serve hot.

**Yield**
6 servings

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### Florida Blue Crab Nachos

**Ingredients**
- ½ Pound crabmeat, drained, shell pieces removed
- 1 ½ Cups jack cheese blend, shredded
- 1 Cup cooked black beans, drained and rinsed
- 2 Medium-sized tomatoes, diced
- 1 Small can diced green chilies, drained
- ½ Cup scallions, chopped
- 1 Teaspoon dried cumin
- ½ Bag tortilla chips
- ¼ Cup fresh cilantro

**Preparation**
Preheat the oven to broil. On a large cookie sheet, evenly distribute the tortilla chips. Evenly distribute the rest of the ingredients except the cilantro, over the tortilla chips. Place the topped tortillas in the oven on a middle rack. Cook nachos under the broiler for 5 to 7 minutes or until cheese is completely melted. Make sure to keep a good eye on the nachos because they will burn under the broiler if not careful. Slide the cooked nachos off the cookie sheet and onto a similar sized platter. Garnish nachos with the fresh cilantro. Serve nachos immediately.

**Yield**
4 to 6 servings

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### Florida Blue Crab Cakes with Tangy Butter Sauce

**Ingredients**
- ¼ Cup red onion, finely chopped
- 2 Tablespoons fresh parsley, chopped
- 3 Tablespoons light mayonnaise
- 2 Tablespoons Dijon mustard
- ¾ Cup panko (Japanese breadcrumbs), divided
- 2 Eggs lightly beaten
- 1 Pound lump blue crabmeat, drained, shell pieces removed
- 1 ½ Cups panko crumbs, coating evenly
- 2 Tablespoons olive oil
- ¾ Cup fat-free chicken broth
- 2 Tablespoons white wine vinegar
- 2 ½ Tablespoons butter

**Preparation**
Combine first seven ingredients in a medium bowl. Gently fold in crabmeat and ¾ cup panko crumbs. Cover and chill 30 minutes. Shape the crab mixture into 8 patties each ¼-inch thick.

In a shallow dish, roll patties in remaining ¾ cup panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden.

For butter sauce, combine broth, shallots and vinegar in a small saucepan. Bring to a boil and cook until reduced to ¼ cup. Remove from heat and stir in butter. Serve with crab cakes.

**Yield**
4 servings