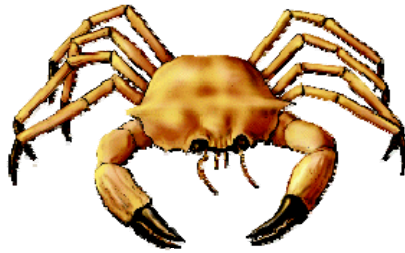


# Florida Food Fare

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## Golden Crab

**Description:** The golden crab, *Chaceon fenneri* is a large non-swimming crab with a golden cream shell that sets it apart from its close relatives, the deep-sea red crabs, snow and king crab. Adult males usually weigh between three and five pounds while the female is considerably smaller. A "condo" trap is one of the most effective means of harvesting the golden crab. Traps are often set at depths of over 2000 feet off the East Coast and in the Gulf of Mexico north of the Florida Keys.

**Availability:** Golden crabs are available in moderate supply year round.

**Nutritional Value:** A 3 ounce edible portion of golden crab, approximately 85 g, contains about 74 calories, a trace of fat, 249 mg sodium, 66 mg cholesterol and 15 g protein. It also yields 75.6 mg calcium, 194 mg phosphorus, 279 mg potassium, and 37 mcg folate.

**Selection and Care:** Generally, golden crab may be purchased in three forms: live, cooked halves or clusters and picked meat. If purchased live, it should be cooked the same day. Because this species comes from extremely deep water, it should be kept chilled below 45 degrees F. until cooked.

**Preparation and Use:** The white meat and delicate flavor of this crab lends itself to a wide variety of seafood recipes. The preferred way to prepare golden crab is steamed and served with melted butter. It can also be used in recipes which call for blue crab, stone crab, shrimp and many lobster recipes. The shell of the golden crab does not turn red during cooking like other crabs. It remains a cream color. To cook live golden crab, bring a large pot of water to a boil. Season and boil the crab completely submerged for 16 minutes, drain and rinse in cold water.

## Recipes:

### Golden Crab Imperial

1 pound cooked, picked crab meat	1/4 cup Worcestershire sauce
2/3 cup finely chopped green pepper	3 tablespoons lemon juice
1/2 cup finely chopped onion	1 tablespoon prepared mustard
1/2 cup cracker crumbs or corn meal	1 teaspoon paprika
1/3 cup low fat mayonnaise	

Combine all ingredients except paprika. Turn into well-greased individual casseroles. Sprinkle with paprika and bake at 350 degrees F. for 20 minutes. Serves 4

### Crab Bisque

2 tablespoons butter	2 cups chicken broth
1 teaspoon onion finely chopped	2 cups fat free half and half
1 1/2 cups cooked, picked crab meat	Pinch cayene pepper
1 tablespoon parsley, finely chopped	Salt to taste
2 tablespoons flour	

In a saucepan, melt the butter, add the onion and cook until golden. Add crabmeat, which has been cooked, and parsley and cook over low heat, stirring constantly for about 4 minutes. Add flour and stir to blend. Stir in chicken broth and simmer gently for 20 minutes. Keep pan partially covered. Add the half and half and cayenne pepper. Heat and salt to taste. Makes 5 cups.

### Crab Cakes

1 pound crab meat, cooked, picked	1/4 teaspoon pepper
1 cup Italian bread crumbs	1 teaspoon Worcestershire sauce
1 large egg	1 teaspoon dry mustard
1/4 cup low fat mayonnaise	Butter or oil for frying
1/2 teaspoon salt	

In a bowl, mix bread crumbs, egg, mayonnaise and seasonings. Add crabmeat and mix gently but thoroughly. If mixture is too dry, add more mayonnaise. Shape into 4-6 cakes. Cook cakes in fry pan, in just enough oil to prevent sticking, until browned, about 5 minutes on each side.

### Crab and Pasta

1 pound bow tie or penne pasta  
2 shallots, finely minced  
1 tablespoons olive oil  
3/4 - 1 pound cooked, picked crabmeat

1 teaspoon fresh tarragon  
Juice of one lemon  
Salt and pepper to taste

Cook pasta according to package directions. In skillet, over medium/low heat, cook the shallots in the olive oil for one minute. Add crab meat and cook until warmed through, about 3 minutes. Add tarragon, lemon juice, salt and pepper. Remove from heat and toss with drained pasta. Makes 4 servings.