

Tough to catch...

Along coastlines and in icy-cold waters crab boat crews risk their lives in extreme weather to harvest this savory seafood.

KING CRAB

Mild to moderate flavor, delicate texture

King Crab is prized around the world for the sweet flavor and rich, tender texture of its white body meat and leg meat. With an average weight between six and ten pounds, King Crab is the largest of all crabs and adds regal elegance to many delectable dishes.

DUNGENESS CRAB

Mild, sweet flavor; delicate to medium texture

Dungeness Crab is well known for its quality. It is treasured for its beautiful orange shell and distinctive, sweet flavor. It has tender, flaky, white body meat, while its leg meat is slightly firmer. It is incredibly versatile – in crab cakes, omelets, soups, salads, and soufflés.

SNOW CRAB

Moderate flavor, delicate texture

Like King Crab, Snow Crab is valued for its fleshy leg meat. Snow Crab has a unique, sweet, delicate flavor. With its snowy-white meat and tender texture, it can add simple elegance to many convenient recipes.



Heating instructions for King Crab Legs

1. Thaw King Crab legs and break at the joints.
2. Pre-heat oven to 400 degrees.
3. Place legs in large roasting pan. Add one cup of water* and cover pan tightly with a lid or aluminum foil.
4. Place pan in the oven and heat for 20-30 minutes.
5. Using tongs, remove crab legs from pan and serve immediately.

Serving suggestions

Serve with a small Caesar salad, crusty French bread, drawn butter, fresh lemon and a lightly chilled Pinot Gris.

*Try substituting chicken stock, beer or white wine for water.

Other popular crab dishes

This seafood delight is most often enjoyed very simply – straight from the shell. Many people like to dip its rich meat in warmed butter or cocktail sauce. Crab meat can also be removed from the shell and used for a variety of convenient dishes, such as:

- Soups
- Salads
- Omelets
- Soufflés
- Crab cakes
- Casseroles
- Gumbos

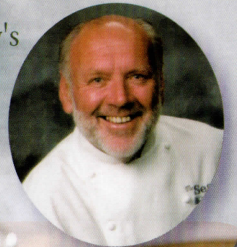
More information and recipes from your store can be found at EverydayRhythms.com

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Tough to Catch... Easy to Cook

Chef Gary's expert tips inside.



Whether you're planning a romantic dinner for two or you're expecting a crowd, crab is the perfect way to create a dining experience that friends and family can enjoy. It's prized for its delicate, sweet flavor and rich, tender texture. Crab is also low in fat and packed with healthy nutrients, including Omega-3 essential oils.

While crab is hard to catch, it's easy to cook. You can serve it straight from the shell, dipped in warm butter or cocktail sauce. It's equally elegant in soups, salads, omelets, and casseroles.



Chef Gary's expert tips on preparing King Crab Legs

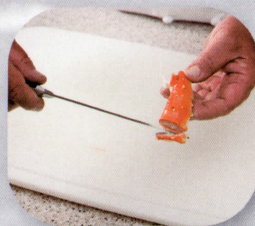


STEP 1:

By using both hands, separate the King Crab Leg at each joint.

STEP 2:

Slightly serrate both sides of disjointed legs, just enough for the knife to catch the shell. Slightly tap (using the serrated knife) the serrated cut for easy removal of shell.



STEP 3:

Complete a thin cut on end of disjointed leg. Shake leg and meat will fall out.

Nutritional facts about crab

- Low in saturated fat, high in protein.
- Rich in Omega-3 oils – which is believed to help reduce cholesterol.
- Source of trace mineral selenium – which evidence suggests is essential for healthy immune functioning.
- Source of magnesium, vitamin B6, and folate.

Choosing and storing crab

- Crab should smell fresh and salty – never fishy.
- Shells should be brightly colored and moist.
- Not planning to use right away? Wrap tightly in plastic wrap and store in the freezer for a maximum of 4 months.

