

## Chilled Whole Dungeness Crab

Seafood Recipe Suggestion  
Serves: 4

Whole Cooked Crab - The entire crab is cooked live & quick chilled. It is already cooked so you can serve it chilled or you can re-heat it. If you steam or bake them for too long, you are cooking them twice and the end result will be stringy crab meat!

Popular condiments include: Lemon, Melted Butter, Mayonnaise, Cocktail Sauce, Louis Dressing (see recipe below)

Also, you will need crab crackers and cocktail forks to make the job that much easier.

Directions/Cleaning the Crab:

1. Hold the Crab in your left hand (claws towards the left) and place your right hand on the back of the top shell.
2. Put your right thumb under the shell and pull up. The whole top shell should remove in one piece. (Clean & save the shell for an oven baked side dish or ramekin for dipping sauce.)
3. Pull the green gill material off the inside of the opened Crab.
4. Next, there is a small "V" section of lower Crab shell in the back that can be removed with your thumb as well.
5. Remove the loose brown material from the center of the crab.
6. Rinse the Crab in Cold Water for a few seconds; this will remove the remainder of the brine & internal pieces.

Steaming the Crab before serving:

Use a deep pot with a strainer that fits inside. Place 2 or 3 cups of water in the bottom, bring to a boil and steam crab for about 9-12 minutes (Whole Crab) or 6-9 minutes (Cleaned Crab).

Baking the Crab before serving:

1. Place Crab in a foil lined baking pan. Add about 3/8 inch water to the pan bottom.
2. Cover with an aluminum foil tent.
3. Place in pre-heated Oven to 400 degrees, cook for about 9-12 minutes (Whole Crab) or 6-9 minutes (Cleaned Crab). (165 degree internal temperature)



### Louis Dressing

- 1/4 cup whipping cream
- 1/4 cup mayonnaise
- 2 tablespoons minced onion
- 2 chili sauce
- 2 tablespoons lemon juice
- Pinch Cayenne

1. Whip cream with a mixer on high speed until cream holds soft peaks.
2. Add mayonnaise, onion, chili sauce, lemon juice, and cayenne to taste. Mix gently. If making ahead, cover and chill dressing up to 4 hours. Stir before serving.

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## Chef's Recipe of the Week

510 226-3000

Serves - 4 for \$67.96

	Plate/Serving	Total	%
Price:	\$16.99	\$67.96	
Cost:	\$6.02	\$24.09	35.45
Profit:	\$10.97	\$43.87	64.55

SUPC	Description	Brand	Qty	Type	Unit Cost	Cost
9903816	CRAB DUNGENES WHL COOKED FRSH	LUSAMER	6.00	LB	\$3.89	\$23.31
4002416	MAYONNAISE CULINARY XHV DTY	SYS IMP	0.50	CP	\$0.12	\$0.06
4006136	SAUCE COCKTAIL RTU	SYS IMP	0.25	CP	\$0.06	\$0.01
2252039	LEMON CH FRESH	SYS CLS	2.00	EA	\$0.33	\$0.65
2592525	CREAM MANUFACTURING 40%	WHLFARM	2.00	TB	\$0.01	\$0.02
5229398	SPICE PEPPER CAYENNE GRND	IMP/MCC	0.10	TS	\$0.01	\$0.00
4006037	SAUCE CHILI FCY CAL	SYS IMP	2.00	TB	\$0.00	\$0.01
2538478	ONION RED WHL PLD FRESH	SYS IMP	2.00	TB	\$0.01	\$0.03