



How To Clean Softshell Crab



1

Remove the crab from the refrigerator or ice bath. If very cold, you will see little movement.



2

Flip back the shell to expose the gills.



3

Pull away the gills and discard. Repeat the procedure on the other side of the shell.



4

Turn the crab to expose its underside. Pull back the apron.



5

Twist the apron and pull it away from the crab's body. Discard.



6

Using kitchen shears or a knife, cut away the eyes and mouth.



7

The crab is now ready to be fried, sautéed, broiled or grilled.

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Stuffed Softshell Crab Bake

MAKES 4 SERVINGS.

- 8 Louisiana softshell crabs
- 16 wedges Swiss cheese
- 1 egg, beaten
- 1 teaspoon thyme
- 1 teaspoon celery salt
- 1 cup fresh breadcrumbs
- 1 tablespoon garlic chives
- 8 ounces tomato sauce
- 8 sprigs parsley

Clean crabs as needed. Place crabs in cool running water to rinse. Dry crabs, then gently lift up the "apron" on each crab and place two wedges of Swiss cheese inside. Dip each crab into beaten egg then transfer to a plate and season with thyme and celery salt. Place seasoned crab onto breadcrumbs and cover top of crabs with crumbs. Lay them side-by-side in a greased baking dish and sprinkle garlic chives evenly on top. Pour tomato sauce over all. Bake in a 350°F oven for 40 minutes. Serve plates with 2 crabs, each topped with a sprig of parsley and served with a salad on the side.

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