

Cooking King and Snow Crab Legs

It is best to thaw your crab before you cook them.

Place your frozen snow crab in the refrigerator the day before you are planning on cooking them.

You can thaw your crab under cold running water. To see if they are thawed, squeeze the biggest section of the leg.

Boiled Crab Legs

- Half fill a large saucepan with water and add any spices to the water. Bring the water to the boil and drop the crab legs into the pan.
- Reduce heat to a simmer. Simmer for 6 to 8 minutes.



Microwave Crab Legs

Wrap the thawed crab legs in a damp paper towel and cook them on high for 2-3 minutes. Serve with hot butter.

Baked Crab Legs

- Preheat the oven to 350°F .
- Crack the crab legs and place them on a baking sheet.
- Brush the crab legs with butter or oil, season with lemon juice.
- Bake in the oven for between 8 and 9 minutes.



Steamed Crab Legs

- Pour 2 cups of water into the bottom of a pan and add salt. Bring water to boil.
- Add the crab legs, placing the onto a rack in the bottom of the pan or into the steaming basket.
- Steam the crab legs for about 5-7 minutes, or until you can smell the aroma.
- Serve with hot melted butter and lemon wedges.

Cooking Raw Shrimp

Grilling Shrimp

- Use skewers. This will keep the shrimp from falling through the barbecue rack.
- Place the shrimp on the skewers, brush them with some butter, and then put them on the grill.
- Shrimp cooks fast, so you want to turn the skewers frequently to make sure the shrimp cooks evenly on both sides.

Boiling Shrimp

- Boiling is probably the most common method used to cook shrimp. However, done improperly, it can leave you with shrimp that's rubbery, tasteless, and generally hard to eat. The trick is not to cook the shrimp too long.
- If you are boiling medium sized shrimp, don't leave it in the water for more than 3 minutes.
- For large shrimp, don't boil them for more than 5 minutes.

Deveining Raw Shrimp

- Place shrimp in a bowl of cool water and thaw for one hour if the shrimp are frozen. Place the shrimp on top of an even layer of ice when the shrimp are thawed.
- Pull the shell off the shrimp. Hold the tail and pull the shell, starting from the head section.
- Run the knife down the back of the shrimp about 1/4-inch deep. Cutting the back of the shrimp exposes the vein. The vein appears as a dark grey color.
- Place the tip of the knife under the vein. Pull the vein out using the knife or your fingers.
- Rinse the shrimp under cool water. Place the shrimp on the ice or in a cool bowl of water. Repeat for each of the shrimp.

