

How to Pick Meat, Roe and Crab Mustard from Cooked Green Crabs

(Protocol adapted and printed with permission from our partner Green Crab Cafe)



Picking cooked green crabs for meat, roe and crab mustard is certainly more time-consuming but it is worth it for the sweet flavor!

1. Clean live crabs well in cold water. Boil crabs in water for 5-7 minutes. Crabs will turn red when cooked. Let cool.
2. Remove carapace (top shell) from cooled crabs **(a)**.
3. Scoop the roe and crab mustard (yellow-orange material) from the carapace **(b)**. Keep roe and mustard if desired. Discard the carapace.
4. Gently pull the apron (V-shaped flap on abdomen) to remove the intestine and discard **(c)**.



5. Remove the roe from the body, if any, and save **(d)**.
6. Use a knife to cut the body into 4 sections **(e)**. Remove the meat between the cartilage and save **(f)**. Discard the gills, cartilage, shell bits and any non-edible parts.



8. Use a nut/lobster cracker to gently crack or break the shell of the claw and remove the meat **(g)**. Remove and discard the cartilage located inside the middle of the claw.
9. Look through the meat, remove and discard any shell or cartilage.



All photographs courtesy of Thanh Thai & Green Crab Cafe.



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