

How to prepare Hard-Shell Green Crabs

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



Cleaning and preparing live hard-shell green crabs for consumption is a bit more time-consuming than it is for soft-shell crabs

1. Wash crabs in cold water to remove any sand or mud.
2. Remove carapace using your fingers (a). You need to apply pressure when removing the carapace because it is hard and the crabs are fast! With your thumb under one side of the carapace, lift up while holding onto the belly with your other thumb and push down. Separate the carapace from the rest of the body (b).
3. With your fingers or scissors, remove the mouth parts from the body, these are small, bony protrusions and remove the gills from either side of the body (the feathery looking tissue) (c).



4. Break or cut off the distal tips of the legs and discard (d).
5. With scissors or a knife, lift up the apron (V-shaped flap on the abdomen) and pull off (e).
6. With a knife, remove the yellow/orange colored roe or 'crab mustard' from the middle of the body (f) and from the inside of the carapace and save.



Optional: You can clean the prepared crabs with a salt rub (2 tsp-1 Tbsp). Rinse with cold water several times to remove the salt. You can also use vinegar (2-3 Tbsp) to wash, then rinse with cold water immediately. Do not let the crabs soak in salt or vinegar as it will change their taste and texture.

All photographs courtesy of Thanh Thai & Green Crab Cafe.



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