

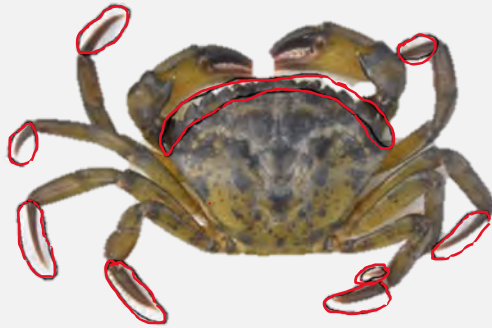
# How to prepare Soft-Shell Green Crabs

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



**Cleaning and preparing live soft-shell green crabs for consumption is quick and simple!**

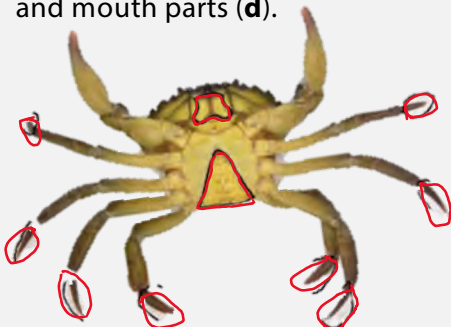
1. Wash the crabs in cold water to remove any sand or mud.
2. With scissors, trim off just enough of the face (a) (includes the spines between the eyes, eye stalks, antennae, and antennules). Trim off the ends (pointy parts) of the 4 pairs of the legs (b).



Dorsal view: trim off the marked area with scissors (face, pointy ends of the legs).



3. Flip the crab over and trim the apron (the V-shaped flap)(c) that opens up on the stomach and mouth parts (d).



Ventral view: trim off the marked area with scissors (apron, mouth parts, pointy ends of the legs).



4. Gently lift each side of the carapace (top of the crab) and trim off the gills (e).



5. Finally, rub a little salt on the crabs, rinse with cold water, and place them in a strainer to be used.

All photographs courtesy of Thanh Thai & Green Crab Cafe.



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