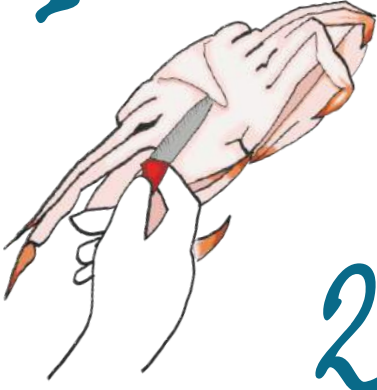


How to pick a crab

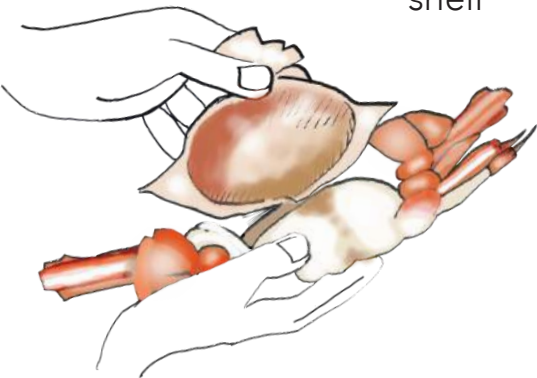

2 gulfs
crab



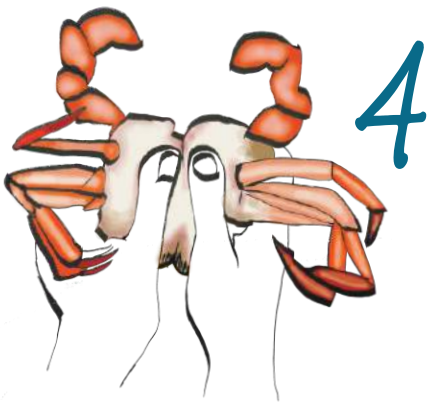
1 Select your 2 gulfs crab!



2 Lift back flap with a knife or fingers. In the same motion, remove the top shell

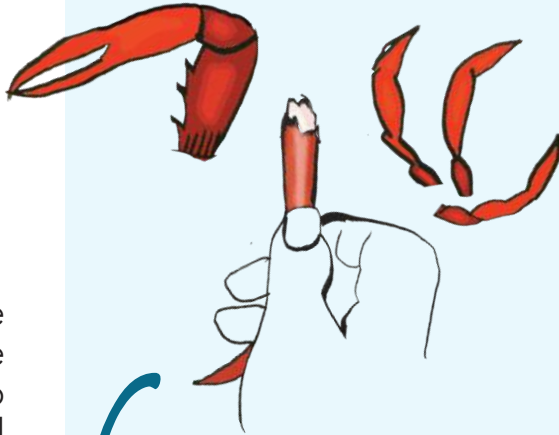


3 Remove "dead man's fingers" (gills). This is easily done with a butter knife in a scraping motion

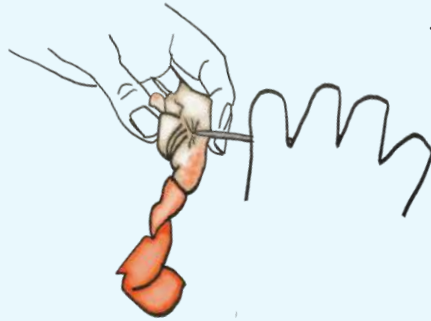


Break crab in half

5 Remove nipper claw and set aside. Remove legs and squeeze meat from the mid joint



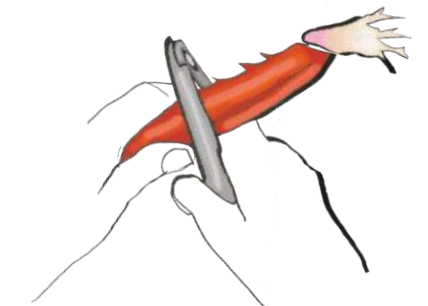
6 Use a knife to cut around the paddle and in the same motion, cut in half the shell at the bottom of the crab and peel the shell away exposing a large section of meat. Scrape excess meat from the base of the paddle



7 Take the remaining half crab and fillet with a sharp knife, exposing the inner sections of the carapace and cartilage

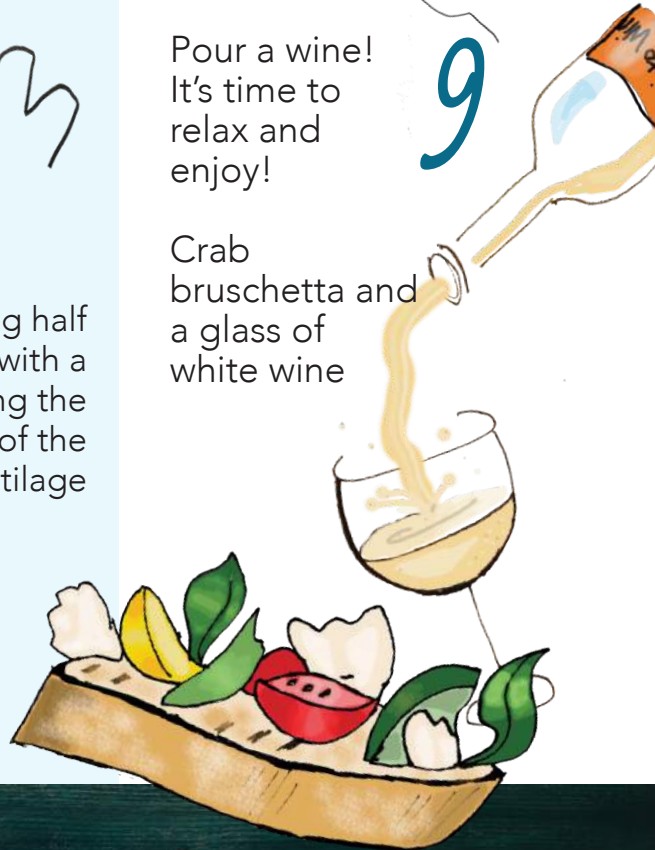


8 Moving on to the large claw, crack at both ends of the top section of the leg and this should release a large piece of meat as you pull gently



Pour a wine!
It's time to relax and enjoy!

Crab bruschetta and a glass of white wine



Eat Crab
enjoy life!


2 gulfs
crab