

# How to Pick A Crab

## Tools

### Steamed & Seasoned Hard Shell Crabs

Newspaper

Crab Mallets

Extra Old Bay Seasoning

Paper Towels



- Step 1** Remove Claws & Legs. Meat from legs will be limited, so it's up to you if you want to tackle the hunt or just simply discard them. Meat from claws is delicious and should be enjoyed. Use your mallet to help crack hard shell and get to the sweet meat.
- Step 2** Remove Top Shell. To do this, turn crab over and lift & remove the apron. Wedge your finger between top shell and bottom of crab. Pry off the top shell.
- Step 3** Clean the Crab. Clean out & discard anything that does not look appealing: yellow "mustard," lungs (aka devil fingers), etc.
- Step 4** Break in Half. You now have in front of you a cleaned crab almost ready for picking. Break two halves apart.
- Step 5** Get Pickin! The inside the fragile shells, you will find delicious, sweet crabmeat. Use your fingers (and a knife if you must) to pick the meat from all the nooks and crannies.



**Congratulations!**  
You have now successfully  
picked a crab!

*Get Fresh*