**Utilization**

**Coming to you Live**

Due to a long harvesting season, golden king crab are often a preferred choice for consumers who want to cook the crab themselves. This hearty species travels well, and is available live for most of the year!

---

**Harvest Profile**

**Harvest Season**

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Bering Sea / Aleutian Islands

Southeast Alaska

**Economy**

Golden King Crab jobs ~100

Golden King Crab vessels ~20

Source: NOAA

---

**Sustainability**

In Alaska, protecting the future of both the stocks and environment take priority over opportunities for commercial harvest. Federal and State agencies jointly manage the Bering Sea and Aleutian Islands golden king crab stocks, whereas the ADF&G solely manages Southeast Alaska crab stocks. Additional measures, such as the Crab Rationalization Program and a stringent on-board observer program ensure sustainably harvested wild Alaska golden king crab will be available for generations to come.

The golden king crab harvest is limited by the 3 S’s: size, sex, and season.

Only males with a carapace of at least 5 inches can be caught, and harvest is not permitted during mating and molting!

---

**Certified**

The Alaska golden king crab fishery is certified to an independent standard for sustainable fisheries:

ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
3.0 oz. of GOLDEN KING CRAB

**PROTEIN (32% DV)**

16 g

**OMEGA 3s DHA & EPA**

351 mg

**VITAMIN B12 (408% DV)**

9.8 mcg

---

**WILD HABITAT**

**THE VAST MAJORITY OF THE WILD ALASKA GOLDEN KING CRAB IS FROM THE ALEUTIAN ISLANDS, A CHAIN SPREADING HUNDREDS OF MILES AND DIVIDING THE GULF OF ALASKA AND BERING SEA.**

**METHOD**

Boiling, grilling, steaming, baking—the simpler the better!

**PRE-COOKED**

Sweet and rich flavor locked-in and ready for re-heating

**NUTRITION**

WILD ALASKA GOLDEN KING CRAB IS PACKED WITH VITAMIN B-12, HIGH QUALITY PROTEIN, AND OMEGA-3’S.

---

"Just pile them on the grill over indirect heat and after 15-20 min they are ready. For a decadent experience brush them with garlic butter, but with the sweet, tender meat this is not necessary."

CHEF JASON PORTER

Hotel Alyeska | Girdwood, Alaska

---

**GASTRONOMY**

VERY SWEET • FIRM BUT TENDER • RICH AND LUXURIOUS

---

**WILD ALASKA GOLDEN KING CRAB**

- A recent addition to Alaska fisheries, with commercial harvest beginning in 1981.
- Golden king crab like living on the edge, preferring the depths of extremely steep fjord slopes.
- Smaller than their blue and red brethren, golden king crab typically weigh 4-8 lbs.
- Golden king crab also live deeper than reds and blues, usually at 200-500 meters.

---

**COOKING PROFILE**

**THE VAST MAJORITY OF THE WILD ALASKA GOLDEN KING CRAB IS FROM THE ALEUTIAN ISLANDS, A CHAIN SPREADING HUNDREDS OF MILES AND DIVIDING THE GULF OF ALASKA AND BERING SEA.**

---

**Island Delicacy**

**METHOD**

Boiling, grilling, steaming, baking—the simpler the better!

**PRE-COOKED**

Sweet and rich flavor locked-in and ready for re-heating

---

**Wild Alaska Golden King Crab:**

- A recent addition to Alaska fisheries, with commercial harvest beginning in 1981.
- Golden king crab like living on the edge, preferring the depths of extremely steep fjord slopes.
- Smaller than their blue and red brethren, golden king crab typically weigh 4-8 lbs.
- Golden king crab also live deeper than reds and blues, usually at 200-500 meters.

---

**The Wild Alaska Golden King Crab:**

- A recent addition to Alaska fisheries, with commercial harvest beginning in 1981.
- Golden king crab like living on the edge, preferring the depths of extremely steep fjord slopes.
- Smaller than their blue and red brethren, golden king crab typically weigh 4-8 lbs.
- Golden king crab also live deeper than reds and blues, usually at 200-500 meters.

---

**Steep and Deep**

The great depths and steep bottom topography of the inter-island passes separating the Aleutian Islands inhabited by wild Alaska golden king crab necessitate fishing the crab pots on longline gear rather than individual lines for each pot. Longlined pot strings include 10 or more pots at 60-foot intervals with heavier ‘anchor pots’ and a cluster of four buoys at each end.

---

**Benefits of Vitamin B-12**

- Helps form red blood cells and prevent anemia
- Risk reduction of macular degeneration
- Prevents neuron loss
- Supports bone loss and prevents osteoporosis
- Supports healthy skin, hair, and nails

---

Recipes

Tropical Coconut-Lime Glazed Alaska King Crab with Sweet Panko Thai Brittle | Alaska King Crab Provençal

Alaska King Crab with Wilted Kale and Quinoa Salad | Great Smoky Grilled Alaska King Crab

Find these and more at WILDALASKASEAFOOD.COM/RECIPES