FRESH FROZEN Chionoecetes bairdi BAIRDI SNOW CRAB
also known as BAIRDI, QUEEN, or TANNER CRAB

IN ALASKA, PROTECTING the future of both the stocks and ENVIRONMENT TAKE PRIORITY over opportunities for commercial harvest. State and federal agencies collaborate to determine each year’s harvest limits, and monitor the season in real-time to determine when these limits have been met. Additional measures, such as the catch share programs and a stringent on-board observer program ensure sustainably harvested wild Alaska bairdi crab will be available for generations to come.

HARVEST PROFILE

HARVEST SEASON
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
Southeast Alaska
Kodiak
Prince William Sound

ECONOMY
Snow Crab jobs
〜420
Snow Crab vessels
〜60

GEAR TYPE
pots

CARAPACE MEASUREMENT

There are 2 species of crab marketed as snow crab, Chionoecetes bairdi & Chionoecetes opilio. They are both brachyuran crabs, or short-tailed crabs. C. bairdi is also recognized under the common name Tanner crab.

Know Your Snow

Alaska Seafood Marketing Institute | www.alaskaseafood.org
**GASTRONOMY**

**DELICATE • VERY SWEET • TENDER**

“I like featuring bairdi crab on my rotating menu because it is sweet, rich, tender and sustainable. My customers enjoy tasting this delicate variety of crab, and I like sharing something they’re not as familiar with.”

**CHEF TAICHI KITAMURA**  
Sushi Kappo Tamura | Seattle, WA

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**NATURALLY WILD**

**FAMOUS (SHELL)FISH!**  
The Bering Sea Bairdi Crab Fishery is prominently featured as part of the Discovery Channel’s hit reality show “Deadliest Catch.”

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**COOKING PROFILE**

**METHOD**  
Boiling, grilling, roasting, baking, steaming

**LEAN, SWEET MEAT**  
Preps and pairs easily!

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**NUTRITION**

**WILD ALASKA BAIRDI CRAB IS PACKED WITH SHELL-SHOCKING LEVELS OF PROTEIN, OMEGA-3’S AND VITAMINS.**

<table>
<thead>
<tr>
<th>3.0 oz. of BAIIRDI CRAB</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 g PROTEIN (40% DV)</td>
</tr>
<tr>
<td>405 mg OMEGA-3’s DHA &amp; EPA</td>
</tr>
<tr>
<td>8.8 mcg VITAMIN B-12 (367% DV)</td>
</tr>
<tr>
<td>40 mcg VITAMIN D (267% DV)</td>
</tr>
</tbody>
</table>

DV = Daily Value // 3.0 oz = 85g  
Source: USDA Standard Reference Release 28

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**CRAZ SHELL QUALITY**

Shell color varies with the age of the crab but has no effect on meat quality.

- **BAIRDI**
  - 2-4 lbs
  - wider body
  - red eyes

- **OPILIO**
  - 1-2 lbs
  - rounder body
  - green eyes


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**High-Demand Hybrids**

C. opilio and C. bairdi are able to CROSSBREED and there are specific regions in the Bering Sea that contain high numbers of hybrids. These mix-breed individuals display a blend of physical traits that are typically attributed to either of the two species.

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**Benefits of Vitamin B-12**

- Promotes bone mineralization
- Ensures muscles, heart, lungs, and brain function properly
- Plays neuroprotective role
- Acts as a hormone

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**Recipes**

Lemon Wild Alaska Crab | Alaska Seafood Cioppino | Stuffed Avocado with Alaska Crab  
Alaska Crab Cakes with Spicy Aïoli | Chat Grilled Alaska Tanner Crab  
Find these and more at WILDALASKASEAFOOD.COM/RECIPES