FRESH
FROZEN
LIVE WHOLE CRAB
COCKTAIL CLAWS
MEAT LEGS
CLUSTERS/SECTIONS
WHOLE

FRESH FROZEN
Chionoecetes opilio
also known as OPILIO, OPIES, or QUEEN 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 opilio crab will be available for generations to come.

HARVEST PROFILE

ECONOMY
Source: NOAA
*figures include both opilio and bairdi crab

Snow Crab jobs ~420
Snow Crab vessels ~60

GEAR TYPE
pots

KNOW YOUR SNOW
THERE ARE 2 SPECIES OF CRAB MARKETED AS SNOW CRAB, Chionoecetes bairdi & Chionoecetes opilio. They are both brachyuran crabs, or short-tailed crabs.

FAO 61 & 67: The world’s boundaries of major fishing areas established for statistical purposes.

Certified
The Alaska opilio crab fishery is certified to an independent certification standard for sustainable fisheries:

ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
**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.

**OPILIO**
- ‘M’ shaped epistome margin
- 1-2 lbs
- rounder body
- green eyes

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

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

**BAIRDI**
- ‘M’ shaped epistome margin
- 1-2 lbs
- rounder body
- green eyes

**OPILIO**
- ‘O’ shaped epistome margin
- 1-2 lbs
- rounder body
- green eyes

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

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

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

<table>
<thead>
<tr>
<th>3.0 oz. of OPILIO CRAB</th>
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<tbody>
<tr>
<td><strong>20 g PROTEIN (40% DV)</strong></td>
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<tr>
<td><strong>405 mg OMEGA-3’s DHA &amp; EPA</strong></td>
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<tr>
<td><strong>8.8 mcg VITAMIN B-12 (367% DV)</strong></td>
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<tr>
<td><strong>40 mcg VITAMIN D (267% DV)</strong></td>
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**DV = Daily Value // 3.0 oz = 85g**

Source: USDA Standard Reference Release 28

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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**
- Alaska Snow Crab Tortilla Soup
- Alaska Snow Crab Salad with Goat Cheese and Gochujang Vinaigrette
- Lime Chipotle-Roasted Alaska Snow Crab
- Chai-grilled Alaska Snow Crab

Find these and more at **WILDALASKASEAFOOD.COM/RECIPES**

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**FAMOUS (SHELL)FISH!**

The Bering Sea Opilio Crab Fishery is prominently featured as part of the Discovery Channel’s hit reality show, “Deadliest Catch.”