



Wild, Natural & Sustainable®

Wild ALASKA

# BAIRDI SNOW CRAB

*Chionoecetes bairdi*

also known as BAIRDI, QUEEN, or TANNER CRAB



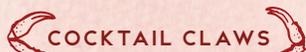
## PRODUCTS

### FRESH



LIVE WHOLE CRAB

### FROZEN



COCKTAIL CLAWS

MEAT

LEGS



CLUSTERS/SECTIONS

WHOLE



## KNOW YOUR SNOW

THERE ARE **2** SPECIES OF CRAB MARKETED AS SNOW CRAB, *Chionoecetes bairdi* & *Chionoecetes opilio*.

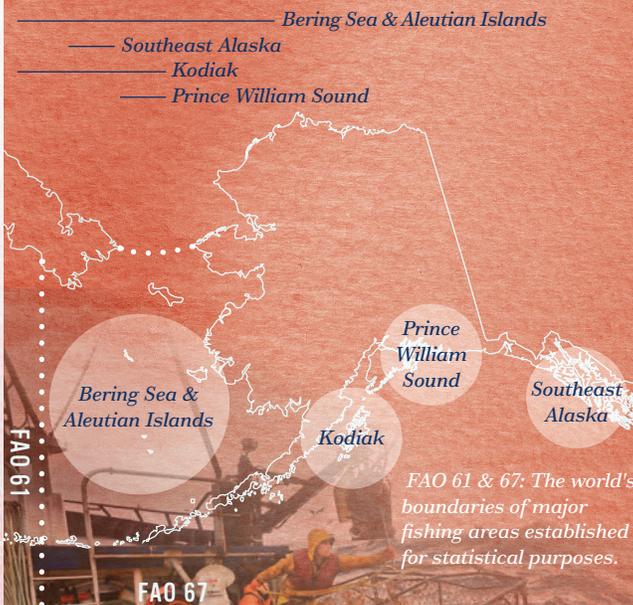
*They are both brachyuran crabs, or short-tailed crabs.*

*C. bairdi* is also recognized under the common name Tanner crab.

## HARVEST PROFILE

### HARVEST SEASON

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



### ECONOMY

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

Snow Crab jobs



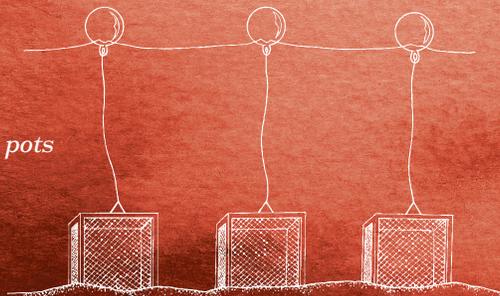
~420

Snow Crab vessels



~60

### GEAR TYPE



pots

## SUSTAINABILITY

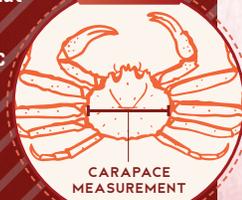
**IN ALASKA, PROTECTING** the future of both the stocks and **ENVIRONMENT TAKE PRIORITY** over opportunities for commercial harvest. State and federal agencies collaborate to determine each year's harvest limits, and monitor the season in real-time to determine when these limits have been met. Additional 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.

The bairdi crab harvest is

**LIMITED BY THE "THREE S'S"**  
— SIZE, SEX, AND SEASON —

Only males with a carapace length that is dependent on population specific life-history traits can be caught, and harvest is not permitted during mating and molting.

CARAPACE



CARAPACE MEASUREMENT

## CERTIFIED

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



ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)



## 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



**FAMOUS (SHELL)FISH!**  
THE BERING SEA BAIRDI CRAB FISHERY IS PROMINENTLY FEATURED AS PART OF THE DISCOVERY CHANNEL'S HIT REALITY SHOW "Deadliest Catch."

## COOKING PROFILE

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

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

## NATURALLY WILD



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

<p><b>BAIRDI</b></p> <ul style="list-style-type: none"> <li>• 2-4 lbs</li> <li>• wider body</li> <li>• red eyes</li> </ul>	<p><b>OPILIO</b></p> <ul style="list-style-type: none"> <li>• 1-2 lbs</li> <li>• rounder body</li> <li>• green eyes</li> </ul>
<p>• 'M' shaped epistome margin</p>	<p>• 'O' shaped epistome margin</p>

*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.

<p><b>FEMALE</b></p>	<p><b>MALE</b></p>
<p>Crab sex is determined by looking at the underside of the crab.</p>	

## NUTRITION

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

3.0 oz. of BAIRDI CRAB
20 g PROTEIN (40% DV)
405 mg OMEGA-3's DHA & EPA
8.8 mcg VITAMIN B-12 (367% DV)
40 mcg VITAMIN D (267% DV)
<small>DV = Daily Value // 3.0 oz = 85g Source: USDA Standard Reference Release 28</small>

**THE HIGH PROTEIN CONTENT OF WILD ALASKA BAIRDI CRAB** is easily digestible, and has all nine amino acids the body can't produce itself – a complete protein of the highest quality.

**Benefits of Vitamin B-12**

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

*Recipes*  
Lemon Wild Alaska Crab | Alaska Seafood Cioppino | Stuffed Avocado with Alaska Crab  
Alaska Crab Cakes with Spicy Aioli | Chai Grilled Alaska Tanner Crab  
Find these and more at [WILDALASKASEAFOOD.COM/RECIPES](http://WILDALASKASEAFOOD.COM/RECIPES)