



Wild, Natural & Sustainable®

Wild ALASKA

OPILIO SNOW CRAB

Chionoecetes opilio

also known as **OPILIO, OPIES, or QUEEN CRAB**



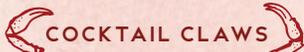
PRODUCTS

FRESH



LIVE WHOLE CRAB

FROZEN



COCKTAIL CLAWS

MEAT

LEGS



CLUSTERS/SECTIONS

WHOLE



KNOW YOUR SNOW

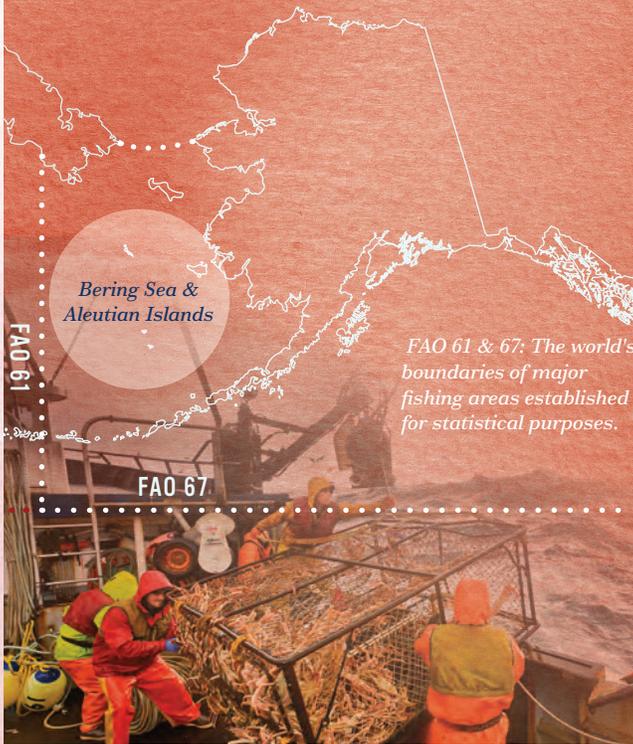
THERE ARE **2** SPECIES OF CRAB MARKETED AS SNOW CRAB, *Chionoecetes bairdi* & *Chionoecetes opilio*. They are both brachyuran crabs, or short-tailed crabs.

HARVEST PROFILE

HARVEST SEASON

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

Bering Sea & Aleutian Islands



ECONOMY

Source: NOAA
*figures include both opilio and bairdi crab

Snow Crab jobs



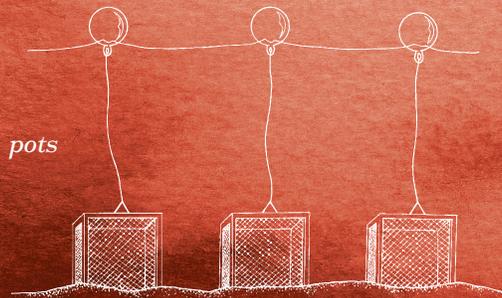
~420

Snow Crab vessels



~60

GEAR TYPE



pots

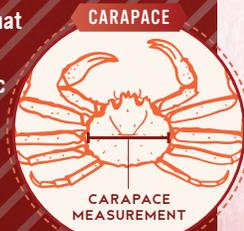
SUSTAINABILITY

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 opilio crab will be available for generations to come.

The opilio 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.



CERTIFIED

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



ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)



GASTRONOMY

DELICATE • SWEET • TENDER



“Opilio crab offers delicate strands of subtly sweet meat with popping crab flavor and texture. I’m a chilled snap and eat fan with a splash of lemon and a dunk of drawn butter.”

CHEF PATRICK HOOGERHYDE
The Bridge | Anchorage, Alaska



FAMOUS (SHELL)FISH!

THE BERING SEA OPILIO 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.

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

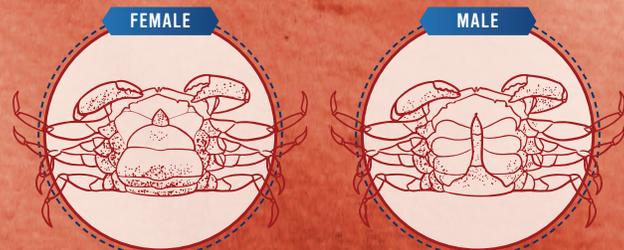
OPILIO • 1-2 lbs
• rounder body
• green eyes



• 'M' shaped epistome margin • 'O' shaped epistome margin

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.



Crab sex is determined by looking at the underside of the crab.

NUTRITION

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

3.0 oz. of OPILIO 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)

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



THE HIGH PROTEIN CONTENT OF WILD ALASKA OPILIO 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

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