

# Gumbo Crabs

*Callinectes bellicosus*

| Description                  | Product Code: | GTIN/UPC       | Pack Size: | COO:   | MOP:        |
|------------------------------|---------------|----------------|------------|--------|-------------|
| Blue Gumbo Crab Jumbo 1-3ct  | 002507        | 10636880002022 | 1x20 lb.   | Mexico | Wild Caught |
| Blue Gumbo Crab Large 3-5ct  | 002508        | 10636880002028 | 1x20 lb.   | Mexico | Wild Caught |
| Blue Gumbo Crab Medium 5-7ct | 002509        | 10636880002901 | 1x20 lb.   | Mexico | Wild Caught |

|                                                                                                                                               |             |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Harvest Method:                                                                                                                               | Crab rings  |
| Ti x Hi                                                                                                                                       | 5x14        |
| Fresh or Frozen:                                                                                                                              | Frozen      |
| Shelf Life:                                                                                                                                   | 730 Days    |
| Sustainability Rating:                                                                                                                        | Best Choice |
| <u>Key Notes:</u>                                                                                                                             |             |
| <ul style="list-style-type: none"> <li>• New Season Available</li> <li>• Blue outer shell, white meat</li> <li>• Sweet tender meat</li> </ul> |             |

## Cooking Tips:

In a stockpot, heat 2 tablespoons of neutral oil and add garlic, onion, and celery. Cook over moderate heat until soft. Add roux and cook until bubbling. Stir in seafood stock with tomatoes and bring to a boil. Reduce heat to medium low and let simmer for 1.5 hours. In a heated skillet with oil add green peppers, okra, chile powder, paprika, filé, oregano, thyme, cayenne, and white pepper. Season with salt and cook over moderately low heat stirring until fragrant. Stir in a ladleful of stock and transfer gumbo into the pot. Add shrimp and crab

## Bulk Packing



## Retail Packing

