



**fisherking**  
SEAFOODS

**EAT LIKE ROYALTY**



**SNOW CRAB**

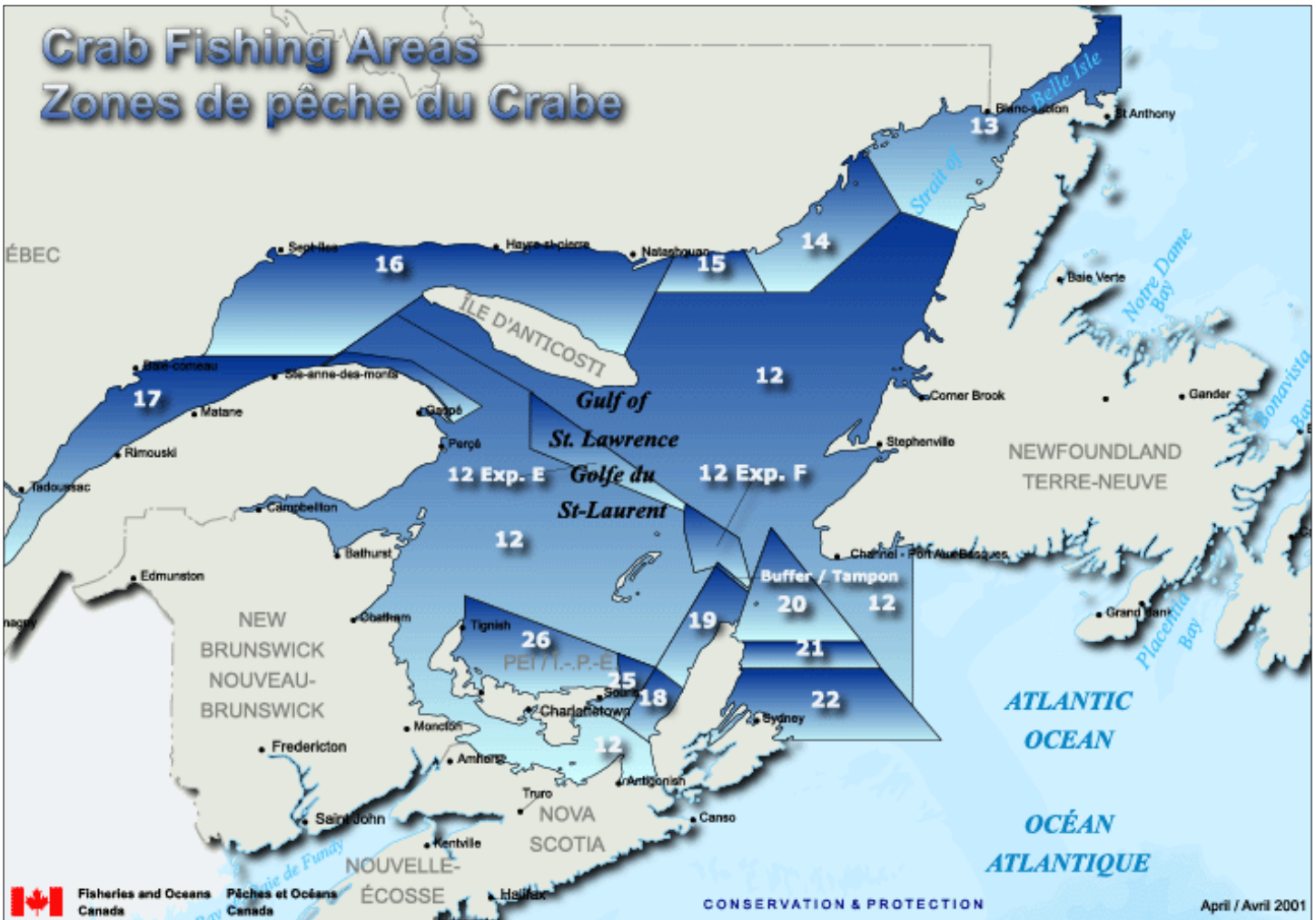
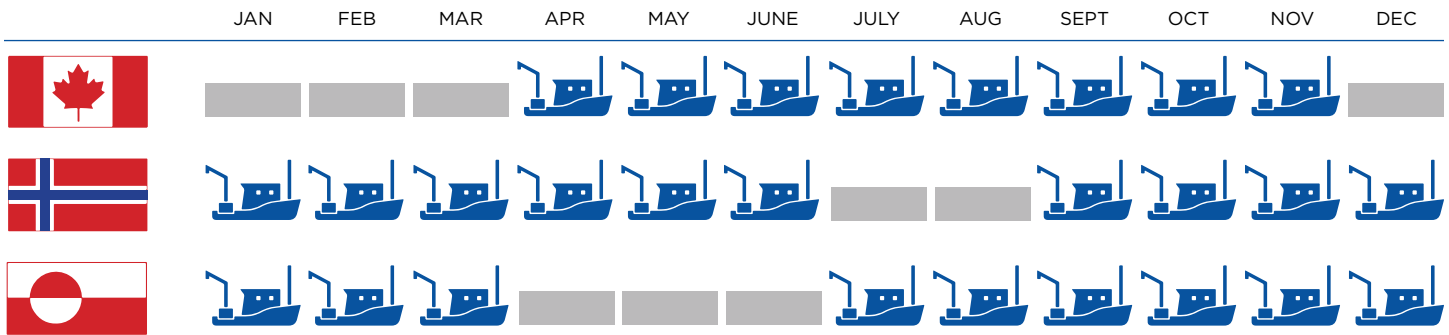
*Chionoecetes opilio*

# Big. Bright. Beautiful.

Premium quality Gulf snow crab is delivered to port in aerated live wells. Our “Champagne” boats ensure the cleanest and freshest snow crab possible. Fisher King crab is immediately processed, cooked and

brine frozen to lock in the natural sweet taste and delicate texture. For the finest snow crab, make sure Fisher King is your choice.

## FISHING SEASONS

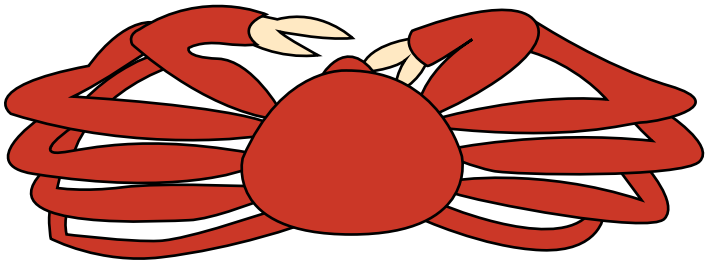
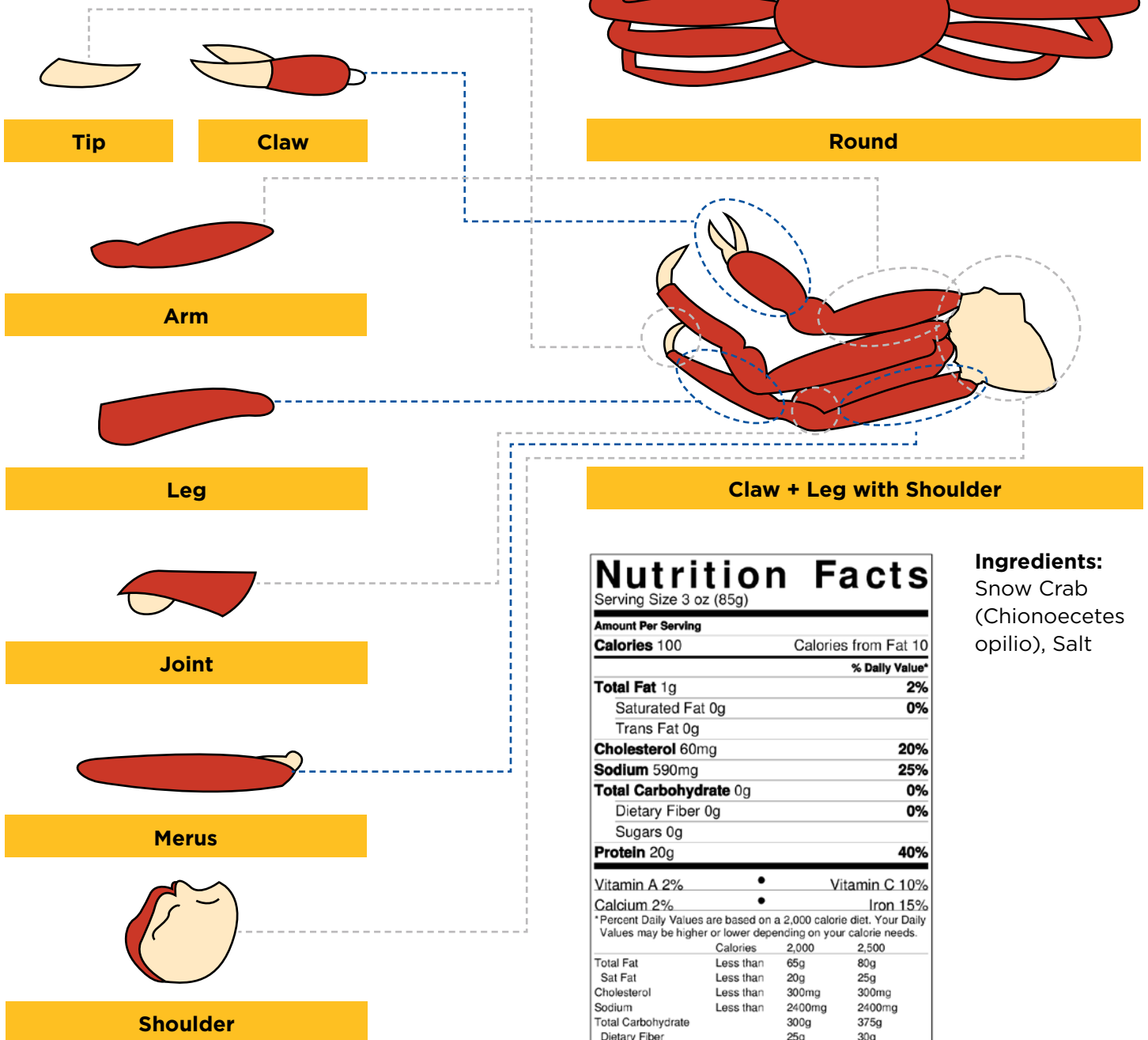


# Snow Crab 101

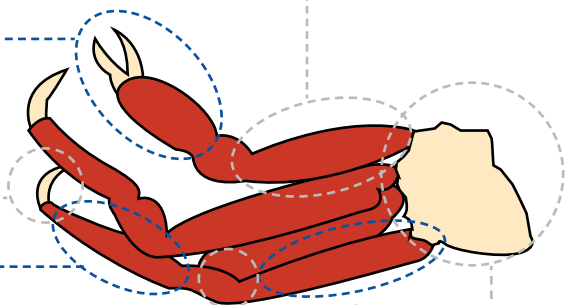
Snow crab (*Chionoecetes opilio*) is harvested and processed throughout the Atlantic Provinces and Quebec. Snow crabs have a circular body with five pairs of long flattened legs, with the front ones sporting strong claws. When cooked, their shell turns

bright orangey-red and they are known for their rich, sweet flavor. Females grow to a maximum 3.7 inches in carapace width, while male snow crabs can grow nearly twice the size up to 6.5 inches.

## SNOW CRAB ANATOMY



Round



Claw + Leg with Shoulder

| Nutrition Facts                                                                                                                    |                         |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Serving Size 3 oz (85g)                                                                                                            |                         |
| Amount Per Serving                                                                                                                 |                         |
| <b>Calories</b> 100                                                                                                                | Calories from Fat 10    |
|                                                                                                                                    | <b>% Daily Value*</b>   |
| <b>Total Fat</b> 1g                                                                                                                | <b>2%</b>               |
| Saturated Fat 0g                                                                                                                   | <b>0%</b>               |
| Trans Fat 0g                                                                                                                       |                         |
| <b>Cholesterol</b> 60mg                                                                                                            | <b>20%</b>              |
| <b>Sodium</b> 590mg                                                                                                                | <b>25%</b>              |
| <b>Total Carbohydrate</b> 0g                                                                                                       | <b>0%</b>               |
| Dietary Fiber 0g                                                                                                                   | <b>0%</b>               |
| Sugars 0g                                                                                                                          |                         |
| <b>Protein</b> 20g                                                                                                                 | <b>40%</b>              |
| Vitamin A 2%                                                                                                                       | Vitamin C 10%           |
| Calcium 2%                                                                                                                         | Iron 15%                |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                         |
|                                                                                                                                    | Calories 2,000 2,500    |
| Total Fat                                                                                                                          | Less than 65g 80g       |
| Sat Fat                                                                                                                            | Less than 20g 25g       |
| Cholesterol                                                                                                                        | Less than 300mg 300mg   |
| Sodium                                                                                                                             | Less than 2400mg 2400mg |
| Total Carbohydrate                                                                                                                 | 300g 375g               |
| Dietary Fiber                                                                                                                      | 25g 30g                 |

**Ingredients:**  
Snow Crab  
(*Chionoecetes opilio*), Salt

## Catch Techniques

Crabs are usually caught in pots or traps. Pots are made in forms of cages or baskets in different sizes made from various materials such as wood, wicker, metal rods, wire netting and plastic. Pots usually contain one or more entrances. The pots are set on the bottom of the ocean, some baited with pieces of fish. The crabs will then enter the pots for the bait or use them for shelter.

Only male snow crabs that meet or exceed the minimum catch size are kept and female snow crabs are always returned to the water to ensure a sustainable fishery.



### Snow Crab Clusters Sizes/Grading

- 4+ oz
- 5-8 oz
- 8-10 oz
- 10+ oz
- 12+ oz
- 14+ oz

#1 color, soldier pack, full meat fill

### Other sizes/grading available

**B grade**  
#2 color, full clusters, full meat fill, graded by size, soldier pack

**K grade**  
#2 color, bulk pack, ocean run (5-8oz avg.), some legs missing, some broken

**P grade**  
#1 color, full clusters, partial meat fill, ocean run (8oz avg.)

**N grade**  
Ocean run (5-8oz avg.), incomplete clusters, full meat fill

**ANX**  
#2 color, full clusters, full meat fill

### Snow Crab Cluster Packs Available

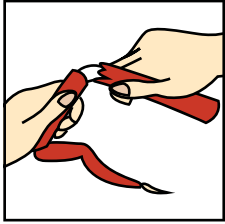
**1x30 lbs**  
**Origin:** Canadian  
**Master Carton Dimensions:** 23"L x 17"W x 6"D  
**TiHi:** 5 x 10  
**Cases per pallet:** 50

**1x20 lbs**  
**Origins:** Norway, Greenland  
**Master Carton Dimensions:** 19.2"L x 12.5"W x 7.2"D  
**TiHi:** 7 x 9  
**Cases per pallet:** 63

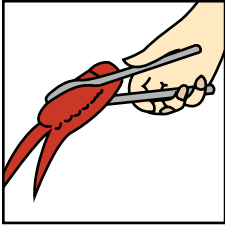
**1x10 lbs**  
**Origin:** Canadian, Greenland  
**Master Carton Dimensions:** 17.91"L x 14.01"W x 4.92"D  
**TiHi:** 6 x 14  
**Cases per pallet:** 84



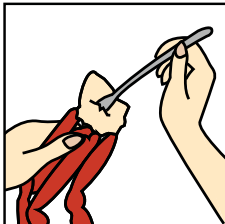
# Snap And Eat!



Break legs from shoulder, then break each leg and pull out meat.



Use a nutcracker to break the claw and remove meat.



Use fork to extract meat from shoulder.



## COOK & HANDLING INSTRUCTIONS



### Shelf Life

24 months after freezing date.



### Storing

Keep frozen at 0°F/ -18°C or below until ready to use. Do not refreeze.



### Thawing Instructions

For best results defrost in cooler overnight or for quick thaw place into sealed bag under cold running water for 30 minutes. Consume within 24 hours of thawing.



### Cooking

Snow Crab can be placed in boiling water or baked at 400 degrees in a preheated oven for about 4 minutes.



### Serving Suggestions

Serve immediately. Butter, mayonnaise, and mushroom sauces can serve as flavor complements to Snow Crab. A traditional seafood cocktail sauce may also be used for dipping.

## Also available at Fisher King Seafoods

### Snow Crab Meat

Product Description: Salad, Combo, and All Leg  
Pack Size: 6x5lbs

### Snow Crab Cocktail Claws

Sizes: 9/12ct, 12/16ct, 16/20ct, 21/25ct  
Pack Size: 6x3lbs

## Our Competitive Advantage

### METHODOLOGY

#### Reach

Fisher King Seafoods sources from every region, assuring the best crab available at the best price and the most up to date market information.

#### Quality Control

Fisher King Seafoods has four seasonal inspectors physically inspecting the production in plants throughout the entire season.

#### Location

Fisher King Seafoods is directly adjacent to all of the Canadian fishing zones. "This is our backyard."

#### Relationships

Strategic partnerships with Polar Seafood DK, Nichirei Fresh Inc. and Canadian packers gives us access to snow crab from around the world year round.

#### Knowledge of International Markets

Through our equity partner, Nichirei Fresh Inc. of Tokyo. Fisher King Seafoods has access to current pricing, including demand and supply figures from Japan.

#### Diverse Seafood Line

Fisher King Seafoods carries multiple species of crab, shellfish, shrimp, and fin fish. One source for all your seafood needs.

### FEATURES & BENEFITS

- Wild-Caught
- Ready to Eat
- Beautiful bright shell, sweet taste and tenderness
- 100% natural, no chemicals or additives
- Brine frozen for locked in freshness and clean meat release from shell
- Harvested in cold pristine waters of the North Atlantic and Arctic Ocean
- Year round availability



#### Fisher King Seafoods Limited

267 Cobequid Road – Suite 100  
Lower Sackville, Nova Scotia B4C 4E6

Direct: (902) 450-1262

Toll Free: 1-888-452-FISH (3474)

Fax: (902) 450-1261

Email: [sales@fisherkingseafoods.com](mailto:sales@fisherkingseafoods.com)

See more of our products at  
[www.fisherkingseafoods.com](http://www.fisherkingseafoods.com)