

• *Soft Shell Crabs* •

McGonigle's is proud to offer only Handy Soft Crabs

Formerly the John T. Handy Company, Handy International is headquartered on a 5-acre parcel of land on the Chesapeake Bay in the town of Crisfield, MD, with additional processing operations in Asia and South America. In 1917, Handy established itself as a soft shell crab processor making it the oldest soft shell crab company in the world. In 2001, Silliker, an international food testing and auditing company, cited Handy for food safety excellence. Handy received Silliker's gold certificate with an excellent rating of 96%, a level attained by less than 10% of Silliker's auditing clients and one of the few food manufacturers to achieve this rating.

Soft crabs are blue crabs (*Callinectes sapidus*) which have shed their outer shell. This process, known as molting, occurs 18 times during the 3-year lifetime of the crab as it matures and outgrows its hard shell. The crabs are pulled from the water just prior to molting and placed in tanks where they are held until they molt. It is in this soft, succulent stage that this seafood delicacy is processed.

More than 100 years ago, the watermen of historic Crisfield, Maryland, introduced these "beautiful swimmers" to the seafood industry, and since 1917 the Handy company has specialized in processing and marketing the highest quality soft crabs.

We hope you will enjoy these beautiful delicacies.

• *Deep Fried Soft Crabs* •

- **Soft Crabs**
- **Egg Whites**
- **All Purpose Flour Seasoned with Salt and Pepper**

Prepare batter by whisking egg whites and water (50% egg whites and 50% water.). Mix flour with salt and pepper (for about 2 lbs. of flour, mix in 1 teaspoon salt, 1/2 teaspoon red pepper and 1/2 teaspoon white pepper). Sift flour after seasoning.

Dip crabs in batter, drain, then lightly dredge in seasoned flour. Shake to remove excess flour. Deep fry at 350°F for 3 minutes until lightly brown and crispy. Turn crabs often.

• *Soft Crab Sauté* •

- **Soft Crabs**
- **Clarified Butter**
- **All Purpose Flour Seasoned with Salt and Pepper**
- **1 Clove Garlic**
- **Fresh Lemon or Lime**

Lightly dredge the crabs in seasoned flour. Heat butter in skillet. Add garlic and sauté 1-2 minutes. Remove garlic and add crabs. Cook about 3 minutes on each side or until lightly browned. Squeeze a small amount of fresh lemon or lime juice over the crabs. Serve at once.

• *Grilled Soft Crabs* •

- **Soft Crabs**
- **Seafood Marinade
(see below)**

Liberally baste bottom side of crabs with marinade and carefully place, bottom side down, on open grill. Grill over slow fire for 5 minutes. Liberally baste top of crabs with marinade, turn carefully, and grill 5 minutes more.

SEAFOOD MARINADE:

1 cup salad oil, 2 tablespoons white vinegar, 1 teaspoon salt, 1/4 teaspoon tarragon leaves, 1 teaspoon lemon & pepper seasoning, 1/8 teaspoon lemon bits (or 1 teaspoon lemon juice), 1/8 teaspoon garlic powder.

• *Tempura Soft Crabs* •

- **Soft Crabs**
- **1 Egg**
- **2 Cups Flour**
- **Tempura Sauce
(see below)**

Beat well one egg and one cup cold water with ice cubes. Add to 2 cups of flour. Mix gently. Dip crabs in batter. Fry in oil at 350°F. Serve with Tempura Sauce.

TEMPURA SAUCE:

1 cup water, 1/2 cup soy sauce, 1 tablespoon sugar, 1 drop of white wine, 1 small amount of white raddish. Heat sauce and serve warm.