

**STONE CRAB CLAWS**  
*Menippe mercenaria*



**DESCRIPTION:**

The Fortune Fish Company purchases our Stone Crab from Frenchy's Ozona Stone Crab. The company consists of independent crabbers focusing on the Florida Stone Crab. They are the only processing plant dedicated solely to the stone crab. They are HACCP certified and FDA approved. They cook the crabs the same day they are harvested and only sell fresh, never frozen stone crab.

Stone crabs are bottom dwelling creatures that can be found living from shoreline to 200 feet in depth. Their large, crushing claw is designed to break open shells of mollusks. They prey primarily on clams, scallops and Florida fighting conchs.

**EATING QUALITIES:**

Known for their sweet succulence and snowy white meat, stone crab has a delicate texture, rich mouth feel and salty finish.

**FISHING METHODS AND REGULATIONS:**

Frenchy's Ozona Stone Crab Claws are harvested from the Gulf of Mexico, from Crystal River to Fort Myers using the pot method and just the claws are removed. Since the animal is returned to the ocean alive, this is obviously the most sustainable method there is. The crab will regenerate a new claw, and each time the crab molts, the new claw grows larger. The claw must be at least 2 3/4" in length and are not taken from egg-bearing females. A "large" crab claw can weigh up to half a pound and "colossal" claws have reached a pound or more. The Florida Stone Crab Season runs from October 15th through May 15th.

**SOLD BY SIZE PER POUND:**

- Jumbo: 5oz each and up, 2-3 per lb
- Large: 3-5oz each, 3-5 per lb
- Large/Jumbo Mix: 4-6 per lb
- Medium: 3 oz each, 6-8 per lb



**NUTRITIONAL INFORMATION**

3.5 oz raw portion

<b>Calories</b>	<b>90</b>
<b>Fat Calories</b>	<b>10.6</b>
<b>Total Fat</b>	<b>1.18 g</b>
<b>Saturated Fat</b>	<b>.1 g</b>
<b>Protein</b>	<b>18.5 g</b>
<b>Sodium</b>	<b>539 mg</b>
<b>Cholesterol</b>	<b>55 mg</b>
<b>Omega-3</b>	<b>.37 g</b>

**COOKING METHODS**

Best Served  
 Chilled  
 (can be sautéed or steamed)

**HANDLING**

Stone crab claws arrive fully cooked and must be kept under constant refrigeration. They can remain refrigerated for up to four days. They are safe to pack in ice, since the shell covers all the meat and protects it from any ice burn.

**FORTUNE FISH COMPANY**

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