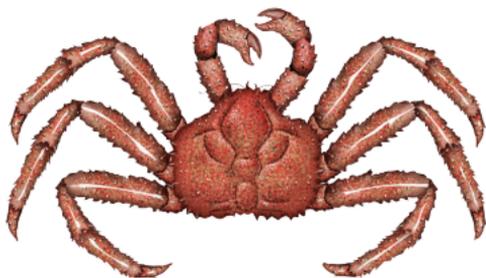




# FISHWATCH

FRESH FACTS. SMART SEAFOOD.

## RED KING CRAB



Most red king crab is harvested in the Bristol Bay area of Alaska, where the red king crab population is currently stable and healthy.

The red king crab fishery is currently managed according to three “S’s” – size, sex, and season. Only male crabs of a certain size may be harvested, and fishing is not allowed during mating and molting periods. These measures help ensure that crabs are able to reproduce and replace the ones that are harvested.

King crab is low in saturated fat and is a great source of protein, vitamin B12, phosphorus, zinc, copper, and selenium.

Red king crab meat, like most crustaceans, has a sweet flavor and delicate texture; however, red king crab are celebrated for their distinctive rich flavor. Red king crab are generally harvested from October to January but product is available year-round.

[WWW.FISHWATCH.GOV](http://WWW.FISHWATCH.GOV)



POWERED BY TRAKOR

# ALASKA KING CRAB AND SHRIMP RISOTTO

## Ingredients:

- 1/2 medium-sized onion, diced
- 2 tablespoons olive oil
- 1 cup Arborio rice
- 1/2 bottle pale ale
- 14 ounces chicken stock, hot
- 7 ounces water, hot
- 1 cup pink shrimp, cooked
- 1 king crab leg, cut into 1/4" rounds, cooked
- 1 tablespoon tarragon, chopped
- 1 tablespoon chives, chopped
- 2-3 tablespoons butter
- 1/4 cup parmesan cheese



In a medium-sized pan over medium heat, sauté onion in olive oil until soft and translucent; season with salt and pepper. Add the rice and stir to coat; cook and stir until the grains turn opaque. Add the beer and continue stirring for 1 minute to allow alcohol to evaporate. Add hot chicken stock to the pan until it just covers the rice and stir with a wooden spoon until the rice has absorbed all of the liquid. Continue adding the stock in small increments. When all of the stock has been absorbed, begin adding small increments of hot water until the risotto reaches the desired consistency (slightly firm but creamy). Fold in king crab, pink shrimp, chopped herbs, butter, and parmesan cheese.

Recipe credit: Chef Stefani Marnon, Alaska Chef, 2005 Great American Seafood Cook-off



**NOAA**  
**FISHERIES**