

Mango Marinated Stone Crab Claws



- 3 pounds medium Florida stone crab claws
- 2 cups ripe Florida mango, cut into 1/2 inch cubes
- 3 tablespoons Florida cilantro, finely chopped
- 2 Florida jalapeño peppers, seeded and minced
- 4 tablespoons Florida lime juice
- 1 tablespoon light brown sugar
- Florida salad greens

Crack claws and remove shell and movable pincer, leaving the meat attached to the remaining pincer. Place in a single layer in a shallow dish. To make salsa marinade, combine mango, cilantro, peppers, lime juice and sugar in a mixing bowl. Taste for seasoning, adding more lime juice and/or brown sugar as needed. Spoon the salsa mixture over the meaty part of crab claws.

Cover and marinate in refrigerator at least 2 hours. Serve claws on a bed of salad greens with mango salsa as an appetizer. Yield: 4 servings

Nutritional Value Per Serving (4 medium claws with salsa):
Calories 132, Calories From Fat 3, Total Fat 0.29g, Saturated Fat 0.06g, Trans Fatty Acid 0, Cholesterol 45g, Total Carbohydrates 19g, Protein 60g, Omega 3 Fatty Acid 0.08g

Curried Stone Crab Claws with Hot Marmalade Sauce

- 3 pounds medium Florida stone crab claws
- 1/3 cup orange marmalade
- 1/4 cup Florida lime juice
- 1/4 cup soy sauce
- 1 clove Florida garlic, minced
- 1 teaspoon cornstarch
- 1/2 cup butter, softened
- 1 teaspoon curry powder

Crack claws and remove shell and movable pincer, leaving the meat attached to the remaining pincer. Set aside. In a medium saucepan combine marmalade, lime juice, soy sauce, garlic and cornstarch; mix well. Cook on medium heat, stirring constantly, until sauce is clear and thickened. Reduce heat and keep warm. In a large sauté pan, melt butter on medium heat; stir in curry powder. Add stone crab claws; turn to coat with curry butter. Sauté for 2 to 3 minutes until claws are heated through. Serve with hot marmalade sauce. Yield: 4 servings

Nutritional Value Per Serving (4 medium claws with marmalade sauce):
Calories 346, Calories From Fat 202, Total fat 23g, Saturated Fat 14g, Trans Fatty Acid 0.68g, Cholesterol 105mg, Total Carbohydrate 22g, Protein 17g, Omega-3 Fatty Acid 0.09g.



Stone Crab Claws Miami

- 3 pounds medium Florida stone crab claws
- 1/4 cup olive oil
- 1/4 cup extra-dry vermouth
- 2 tablespoons Florida lemon juice
- 1 teaspoon salt
- 1/2 teaspoon white pepper

Crack claws and remove shell and movable pincer, leaving the meat attached to the remaining pincer. Heat olive oil in a skillet over medium heat. Add stone crab claws and cook for 3 to 4 minutes until heated through, turning claws frequently. Turn heat to high; add vermouth, lemon juice, salt and pepper to pan. Cook 1 minute more, spooning vermouth sauce over claws. Serve claws hot or cold as an appetizer or entrée. Yield: 8 appetizers or 4 entrées

Nutritional Value Per Serving (4 medium claws):
Calories 205, Calories From Fat 121, Total fat 14g, Saturated Fat 2g, Trans Fatty Acid 0g, Cholesterol 45mg, Total Carbohydrate 3g, Protein 15g, Omega-3 Fatty Acid 0.05g

Honey Tangerine Stone Crab Claws with Hearts of Palm Salad

- 3 pounds medium Florida stone crab claws, cooked and chilled
- 1/2 cup Florida sugar
- 1/2 cup rice wine vinegar
- 1/4 cup Florida honey
- 1/2 cup Florida tangerine juice
- 8 hearts of palm, fresh or canned
- 1/4 cup red onions, thinly sliced
- 1/4 cup Florida red bell peppers, roasted, thinly sliced
- 1/4 cup Florida yellow bell peppers, roasted, thinly sliced
- 2 medium Florida tangerines, peeled and sectioned
- 1/4 cup fresh Florida tarragon leaves, chopped
- 2 cups fresh Florida spinach, finely chopped
- 1/2 cup extra virgin olive oil
- 1/4 cup rice wine vinegar
- 1 tablespoon fresh Florida parsley, finely chopped

Crack claws and remove shell and movable pincer, leaving the meat attached to the remaining pincer. Set aside. In a small saucepan, combine sugar, vinegar, honey and tangerine juice. Bring to a boil and cook until thickened to syrup. Remove from heat, cool and set aside. Slice hearts of palm into thin strips. In a bowl, combine the hearts of palm, onions, peppers, tangerine segments, tarragon and spinach. Dress salad with olive oil and vinegar; toss until moistened. Serve salad in the center of each plate with stone crab claws arranged around the edge. Drizzle the honey tangerine sauce over all and garnish with chopped parsley. Serve extra honey tangerine sauce on the side. Yield: 4 servings

Nutritional Value Per Serving (4 medium claws with salad):
Calories 499, Calories From Fat 247, Total Fat 29g, Saturated Fat 4g, Trans Fatty Acid 0g, Cholesterol 190mg, Total Carbohydrate 51g, Protein 15g, Omega-3 Fatty Acid 0.05g

