



Crabby Potatoes

Florida Seafood at Your Fingertips **LIVE!**

Difficulty: Simple

Total time: 30 min

Servings: 8

Ingredients:

4 baking potatoes

½ cup milk

1/3 cup butter, softened

1 tsp salt

1/8 tsp cayenne pepper

1 cup or 4 ounces shredded Cheddar cheese

1 (6-ounce) can crab meat, drained and flaked (or substitute crab meat from a whole crab you cooked; FL crabs include golden crab or blue crab)

4 tsp grated onion

½ tsp paprika

Instructions:

1. Preheat oven to 400-degrees.
2. Bake the potatoes in the oven or microwave until tender.
3. Cool slightly and cut the potatoes lengthwise into halves.
4. Scoop out the pulp carefully, leaving the shells intact and reserving the pulp.
5. Combine the reserved pulp, milk, butter, salt, and cayenne pepper in a mixing bowl and beat until blended.
6. Fold in the cheese, crab meat, and onion.
7. Spoon the crab meat mixture into the reserved shells and sprinkle with the paprika.
8. Arrange the stuffed potatoes in a 9x12-inch baking dish and bake in oven for 15 minutes or until light brown.



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Recipe Name

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Florida Seafood at your Fingertips Species Profile:

Golden crabs are a deepwater species. The fishery operates off the coast of Florida and is a trap fishery which only harvests golden crab. The fishery is a limited entry program in order to protect the fishery from large vessels entering the fishery. The white meat and delicate flavor of this crab lends itself to a wide variety of seafood tastes. It can either be prepared steamed and served with melted butter or used in recipes that call for blue or stone crab, lobster, or shrimp. The meat is found in the claws, legs, and body after the upper shell and gills have been removed.

Blue crabs are found in brackish coastal waters from Nova Scotia through the Gulf of Mexico. These bottom-dwelling omnivores feed on almost anything they can get a hold of and are quick to use their sharp front pincers. They are excellent swimmers, with specially adapted hind appendages shaped like paddles. They are very sensitive to environmental and habitat changes. Because of this there are comprehensive management plans in place throughout their range. Blue crabs are a favorite consumed seafood due to their sweet, tender meat.


Where to buy:

You can buy canned crab meat at the grocery store usually in the canned meats aisle. Whole crabs or picked crab meat can be purchased at your local seafood market.

Sustainability:

Golden crab is regulated by the South Atlantic Fishery Management Council. Because of the limited entry of the fishery and co-management between fishermen and the Council golden crab has a sustainable fishery management plan. For more information visit: <https://safmc.net/fishery-management-plans-amendments/golden-crab/>.

In Florida, the blue crab effort management plan for the commercial blue crab fishery limits both the number of fishermen and traps in the blue crab fishery. Commercial fishermen can apply for a hard crab endorsement, a soft crab endorsement, or a blue crab incidental take endorsement in order to harvest blue crab. Here is more information about the commercial regulations: <https://myfwc.com/fishing/saltwater/commercial/blue-crab/>. Blue crabs can also be harvested recreationally. To learn more about the recreational regulations visit: <https://myfwc.com/fishing/saltwater/recreational/blue-crab/>. Both fisheries are a trap fishery. Recreational fishermen are required to have unique trap registration numbers that must be included on each trap along with the owner's full name and address.

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