

**GIANT
EAGLE**

Fresh

SEAFOOD

FOR ALL YOUR CELEBRATIONS



Look inside
for great holiday
seafood recipes,
tips and directions
on how to cook
seafood.

CRAB STUFFED SOLE FILLETS WITH GARLIC LEMON BREAD CRUMBS

Serves: 4 - 5 Prep Time: 30 min.

Marinating Time: 15 min. Cooking Time: 40 min.

Ingredients:

Juice of 1 lemon (about 2 Tbsp.)
2 Tbsp. Market District® extra virgin
olive oil
1/2 tsp. kosher salt
1/2 tsp. black pepper
1/4 cup minced onion
1 lb. Giant Eagle sole or flounder
fillets (about 6-7 fillets)

2 tsp. lemon zest (from 1 lemon)
1 Tbsp. Giant Eagle butter
2 cloves minced garlic
1 Tbsp. chopped parsley
1/2 cup panko bread crumbs
2 Giant Eagle refrigerated jumbo
lump crab cakes
Giant Eagle cooking spray

Directions:

Place lemon juice, olive oil, salt, pepper and minced onion in a shallow dish. Add sole fillets to dish and coat in mixture; cover with plastic wrap and marinate for 10-15 minutes in refrigerator. While fish is marinating, prepare bread crumb topping. Zest lemon. In a small pan, melt butter over medium-high heat. Add in garlic and sauté for about 2 minutes until tender and fragrant. Remove from heat and stir in parsley, lemon zest and bread crumbs; mix together and set aside. Preheat oven to 400°F. Prepare a 9x12-inch baking dish with cooking spray. Place a large piece of wax or parchment paper on counter and lay sole fillets flat; discard marinade. Divide crab cakes into 6-7 small equal portions. Place crab cake portions in the middle of each sole fillet and fold both ends overtop stuffing to make little packets. Place crab stuffed sole packets in prepared baking dish. Cover with aluminum foil and bake for about 25 minutes. Remove from oven, discard foil and top each crab stuffed sole fillet with about a tablespoon of bread crumb topping. Return to oven and bake until golden brown and internal temperature reaches 145°F, about 10 minutes longer. Serve immediately.





CRAB CAKE STUFFED PEPPERS

Serves: 4 - 6 Prep Time: 20 min. Cooking Time: 10 min.

Ingredients:

3 red bell peppers or
4 Hungarian wax peppers*
Salt and pepper for seasoning
2 fresh store-made Giant Eagle
crab cakes
4 Tbsp. chopped parsley,
divided

1 cup Giant Eagle shredded
Cheddar cheese, divided
Dash of cayenne
1 Tbsp. Giant Eagle butter
1 Tbsp. all-purpose flour
1 cup whole milk

Directions:

Preheat oven to 400°F. Cut peppers in half lengthwise, remove seeds and ribs. Place pepper halves in 9x9-inch baking dish, season with salt and pepper, add 1/4 cup water to dish, and cover with aluminum foil. Bake for 20 minutes until just softened, remove from oven, and drain any remaining liquid; set aside. To prepare crab filling, place crab cakes in a medium bowl and add chopped parsley and 1/2 cup shredded cheese. Season with a dash of cayenne pepper and gently fold to combine mixture. Stuff pepper halves evenly with crab cake mixture, about a heaping 1/4 cup in each half bell pepper and slightly less for wax peppers. Cover with aluminum foil and return to oven for about 25 minutes. Meanwhile, to prepare white sauce, melt butter in a small pot over medium heat. Add in flour and stir frequently until paste is formed, about 2 minutes. Add milk in a slow stream while stirring constantly to prevent lumps. Cook sauce for 3-4 minutes until thickened; season with salt and pepper. Remove from heat and set aside. Once peppers are cooked, remove from oven. Top each pepper with about 2 tablespoons of white sauce and divide remaining cheese among tops of the peppers. Return to oven uncovered for about 5 minutes, until browned and bubbly. Remove from oven and allow to rest for about 5 minutes. Garnish with remaining chopped parsley and serve hot.

*Use caution when handling hot peppers. Wear disposable gloves and wash hands thoroughly in hot, soapy water afterward. Avoid contact with face and eyes.

CLASSIC CRABMEAT DIP

Serves: 10-12 Prep Time: 10 min.

Cooking Time: 25 min.

Ingredients:

1 clove garlic, minced
1/2 medium white onion, diced
2 Tbsp. Giant Eagle butter
1 Tbsp. Giant Eagle pure olive oil
1 lb. can jumbo lump crabmeat,
drained
8 oz. Giant Eagle cream cheese,
softened

1/4 cup Giant Eagle mayonnaise
1/2 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. black pepper
1/3 cup bread crumbs
Giant Eagle Entertainer Crackers
Giant Eagle Bakery bread
Chopped green onions, garnish
(optional)

Directions:

Preheat oven to 375°F. Over medium-low heat, sauté garlic and onion in butter and oil for 5 minutes. Remove from heat and pour into a medium mixing bowl. Add in crabmeat, cream cheese, mayonnaise, lemon juice, salt and pepper. Mix well. Pour into a lightly greased 2-quart casserole dish and top with bread crumbs. Bake for 25 minutes, or until heated through. Garnish with chopped green onions if desired. Serve immediately with crackers and your choice of Giant Eagle Bakery bread.





JUMBO LUMP CRAB CAKES

Serves: 6

Prep Time: 15 min.

Baking Time: 30 min

Ingredients:

*2 Tbsp. jarred roasted red peppers,
drained and diced*

*3 green onions, green stalks only,
diced*

1/4 cup Giant Eagle mayonnaise

2 tsp. lemon juice

2 tsp. spicy brown mustard

*1.25 oz. packet Old Bay® Crab Cake
Classic Seasoning*

*16 oz. can premium jumbo lump
crabmeat, drained*

Cooking spray

Directions:

Preheat oven to 350°F. In a medium-size bowl, combine peppers, onions, mayonnaise, lemon juice, mustard, and crab cake seasoning. Mix well to evenly distribute the ingredients. Gently mix in crabmeat, being careful not to break up the lumps. Scoop a handful of the mixture, approximately 1/2 cup, out of the bowl and gently form the mixture into a patty. Repeat with remaining crab mixture. Place the crab cakes on a lightly greased cookie sheet. Bake for 20 minutes, until golden brown and an internal temperature of 145°F is reached.



LOBSTER ROLLS

Serves: 4

Prep Time: 20 min.

Cooking Time: 25-30 min.

Ingredients:

1 lobster, 2 to 2-1/2 lbs.

1/4 cup mayonnaise

2 Tbsp. extra virgin olive oil, divided

2 green onions, sliced thin

1 Tbsp. Italian parsley, chopped

2 Tbsp. lemon juice, divided

1 pinch paprika

1 soft baguette, cut into four pieces

1 tomato, sliced very thin

1/2 bulb of fennel, sliced very thin

1/2 red onion, sliced very thin

1 cup fresh arugula greens

1 tsp. lemon zest

Salt and pepper, to taste

Directions:

Bring a large pot of water to a boil over high heat. Add the lobster and cook for 10-12 minutes, or until it has reached an internal temperature of 145°F. Remove the lobster and place it in an ice bath until it is cool enough to handle. With the back of a knife (or lobster crackers), remove the meat from the lobster's tail, claws and knuckles. Gently chop the meat into 1/4 - 1/2 inch pieces. In a medium mixing bowl add the lobster, mayonnaise, 1 tablespoon of olive oil, green onions, Italian parsley, 1 tablespoon of lemon juice and paprika. Mix together and let marinate for 5-10 minutes. Slice each piece of bread partway in half. Place the tomatoes on the bun and top with the lobster spread. In another mixing bowl add the fennel, red onion, arugula and lemon zest. Season with the remaining olive oil and lemon juice. Season to taste with salt and pepper. After mixing thoroughly, place on top of the lobster spread.





CRAB AND AVOCADO DIP

Serves: 6

Prep Time: 15 min.

Ingredients:

1 large avocado, mashed

1 tsp. fresh lemon juice

1 tsp. onion, minced

*4 oz. Giant Eagle cream cheese,
softened*

2 Tbsp. Giant Eagle mayonnaise

1/2 tsp. salt

8 oz. lump crabmeat

1 Tbsp. green onions, chopped

*5 leaves baby spinach,
cut into thin strips*

*1 Tbsp. orange bell pepper,
diced*

Directions:

Mix mashed avocado with lemon juice in a medium bowl. Stir in cream cheese, mayonnaise and salt. Add crabmeat, green onion, spinach and pepper. Mix well and chill until ready to serve.



MINI CRAB CAKES

Yields: 20 mini cakes

Prep Time: 55 min.

Cooking Time: 10 min.

Ingredients:

*1/2 lb. lump crabmeat or chopped
crab claw meat*

1/4 cup onion, minced

2 Tbsp. red bell pepper, minced

1 Tbsp. fresh chives, chopped

1 tsp. fresh lemon zest, optional

1 egg, lightly beaten

1 tsp. horseradish sauce

1 tsp. Worcestershire sauce

1 tsp. freshly squeezed lemon juice

3 Tbsp. Giant Eagle mayonnaise

*2-4 Tbsp. Market District®
bread crumbs*

Cooking spray

*Horseradish sauce and lemon
zest for garnish*

Directions:

In a medium bowl, mix crabmeat, onion, red pepper, chives, lemon zest, egg, horseradish, Worcestershire, lemon juice and mayonnaise. Stir in bread crumbs. Divide crab mixture into 20 heaping teaspoons and shape each into a ball. Place on a greased baking sheet and refrigerate for 30 minutes. Preheat oven to 400°F. Bake chilled cakes to an internal temperature of 160°F, about 10 minutes; cakes should be golden brown. Garnish with lemon zest and serve warm with horseradish sauce.





CRAB MEAT PIZZA

Serves: 4 - 6 Prep Time: 5 min.

Cooking Time: 15 min.

Ingredients:

12-inch Giant Eagle bakery pizza shell
1/4 cup Market District® Alfredo sauce
2 Giant Eagle jumbo lump crab cakes

1 cup Giant Eagle Italian
shredded cheese blend
2 Tbsp. Nature's Basket
fresh parsley, chopped

Directions:

Preheat oven 400°F. Spread pizza shell evenly with Alfredo sauce. Crumble crab cakes and place them atop pizza shell. Sprinkle on shredded cheese and fresh parsley. Bake for about 15 minutes or until golden brown. Remove from oven and cut into 8 slices.



LOBSTER CAPRESE

Serves: 2

Prep Time: 15 min.

Ingredients:

1 yellow tomato

1 red tomato

4 oz. fresh Mozzarella ball

4 lobster claws, pre-cooked

1 packet fresh basil

Balsamic reduction, for drizzling

Fresh cracked black pepper, for sprinkling

Directions:

Wash tomatoes, pat dry. Cut yellow and red tomatoes into 1/4 inch thick slices. Do the same with Mozzarella ball. Remove the shells from the lobster claws and slice each claw into 2 even pieces (lengthwise). Start building tomato tower with a slice of red tomato, then a slice of Mozzarella, a basil leaf and a slice of lobster. Next repeat the steps with a yellow tomato. Repeat process once more. Place lobster/tomato tower on a plate, and drizzle with the balsamic reduction, and cracked pepper.

Note: Balsamic reduction can be made by putting balsamic vinegar in a sauce pot, let it simmer and reduce by half, until it reaches a syrupy consistency. Keep refrigerated for up to 3 weeks.





LOBSTER AND BOURSIN SOUP

Serves: 8

Prep Time: 10 min.

Cooking Time: 20 min.

Ingredients:

2 Tbsp. butter

12 oz. diced cremini mushrooms

1 qt. heavy whipping cream

4 pkgs. Boursin® Garlic and Herb cheese

1 bunch, scallions, sliced

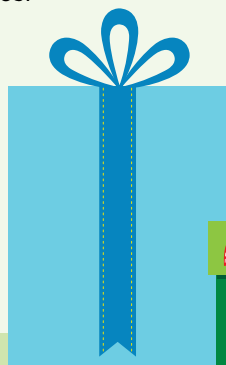
8 oz. lobster meat, diced

8 oz. fresh grape, cherry or

strawberry tomatoes, diced

Directions:

Melt butter in soup pot, add mushrooms and sauté until the mushrooms “sweat” or develop liquid. Pour heavy cream into soup pot and put on medium heat. Add Boursin cheese when cream is almost scalded. Do not boil. Using a whisk, break up cheese in pot and incorporate cream. Add scallions and lobster to soup pot and let the temperature of the soup heat these items through, lobster must reach an internal temperature of 145°F. Do not continue to cook! Serve in bowls and garnish with diced tomatoes.



LOBSTER MACARONI & CHEESE

Serves: 4

Prep Time: 15 min.

Cooking Time: 30 min.

Ingredients:

1 lb. elbow macaroni or favorite pasta
4 Tbsp. butter
1/2 sweet onion, diced small
1 tsp. roasted garlic
1/2 cup white wine
12 oz. container heavy cream
1 Tbsp. dry mustard
1 lb. sharp Cheddar cheese, shredded
(Vermont, Adams Reserve)

8 oz. Pepper Jack cheese, shredded
1 cup Pecorino Romano cheese,
grated
2 lobster tails, 6 to 8 oz., cooked,
chopped
Salt and pepper, to taste

Directions:

In a large pot of salted, boiling water, cook pasta to al dente. Drain and keep warm. Heat butter over medium heat in a sauce pot, add diced onion and garlic, sauté for 5 minutes. Add white wine and let it reduce down for 5-10 minutes. Add heavy cream, dry mustard and cheeses. Let them melt together and season to taste with salt and pepper. Add chopped lobster to sauce to heat through. Pour sauce over pasta and toss gently to combine. Serve immediately.





LOBSTER PASTA

Serves: 4 - 6 Prep Time: 15 min.

Cooking Time: 15-20 min.

Ingredients:

16 oz. pkg. of your favorite pasta
2 Tbsp. butter, unsalted
4 green onions, thinly sliced on the bias
1 chili pepper, minced
1 garlic clove, minced
1 cup tomatoes, diced
1 cup white wine or chicken broth
1 cup heavy cream

Pinch red pepper flake (optional)
8 oz. pkg. real lobster meat (or the meat from 1 steamed fresh lobster), coarsely chopped
Salt and pepper, to taste
1/2 cup Parmesan cheese, grated
1/4 cup basil leaves, sliced
Olive oil for drizzling
Freshly shaved Parmesan

Directions:

Bring a large sauce pot of water to a rapid boil, season with salt. Cook pasta according to package directions, until al dente (tender but firm to the bite). Strain and set aside, (may add oil to pasta to keep from sticking together). In a large sauté pan melt butter over medium heat. Add onions, chili and garlic. Sauté until aromatic, careful not to brown. Add tomatoes to warm through. Add white wine to deglaze the pan. Cook until most of the liquid has evaporated. Add cream, red pepper flake (optional), and lobster meat to the sauté pan, cook until warmed through. Add the strained pasta to the sauté pan. Season to taste with salt and pepper. Fold in grated Parmesan cheese and basil. Divide the pasta among 4-6 plates. Garnish each dish with shaved Parmesan and a drizzle of olive oil.

HOW TO COOK

seafood

GULF SHRIMP

The waters off the coast of Texas are home to one of the highest concentrations of brown shrimp, which are known for an exquisite, rich flavor and a snap when bitten into. They are also better for battering and frying than any other shrimp.

Preparing Shrimp Cocktail is Easy.

- Choose a tail-on shrimp, cooked or uncooked.
- If shrimp is frozen, simply thaw by placing in the refrigerator overnight in a covered bowl, or by running the shrimp under cold water (be sure to drain well).
- If uncooked, steam or boil shrimp until flesh is pearly and opaque, about 5-7 minutes. Cool shrimp in an ice bath. (This will stop the cooking process.)
- Chill shrimp.
- When ready to serve, arrange shrimp on a platter, with a bowl in the middle filled with AI's Gourmet Cocktail Dipping Sauce and a serving spoon.



SNOW CRAB CLUSTERS

Snow crabs are cooked after they're caught. So, what you are really doing is heating them. Snow crabs have a tendency to contain excessive water. So a preferred method for cooking is to use the oven, the grill or broil them. These methods help reduce the excessive water.

Thawing Snow Crab

It is best to thaw your crab before cooking. Place your frozen snow crab in the refrigerator the day before you are planning on cooking them. If time doesn't allow for an overnight thaw, you can thaw your crab under cold running water. To see if they are thawed, squeeze the biggest section of the leg.

Steaming

With the thawed crab legs covered you'll steam these around 6 to 8 minutes.

Boiling

Boiling lets you add spices and seasonings to the water to give your legs some extra flavor. Bring a pan of water to a boil, place snow crab in pan and reduce heat to a simmer. Simmer for 6 to 8 minutes.

Baking

Make a double sheet of aluminum foil in which you wrap the crab legs, roll up the top, leaving a small hole for the steam to escape. Bake the frozen snow crab at 450°F for approximately 14 to 16 minutes. Thawed clusters can be baked at 450°F for about 8 to 10 minutes. Large amounts of clusters will take longer to heat thoroughly.

Grilling

Just like baking, enclose your thawed crab legs in a foil wrap or packet but this time leave it sealed. Place about 4 to 6 inches from a medium-high heat source, cooking for 14 to 16 minutes. Time may vary depending on grill.

Broiling

Place the crab legs on a cookie sheet and place sheet 7 to 8 inches from the broiling element. Broil for approximately 6 to 8 minutes.



LIVE LOBSTER*

Boiling a lobster is not as hard as you might think. If you can boil a pot of water, then you can cook a live lobster. It's important that you begin with a live lobster to ensure proper cooking. The lobster is cooked completely when it reaches an internal temperature of 145°F.

Make a tasty cooking broth by combining the water with thyme and bay leaves in a big pot. Squeeze the lemon juice into the water and then drop in the empty rinds. Bring the pot to a high boil.

Clip the rubber bands off the live lobster. Pick up lobster and quickly place head first in boiling water. Cover, and boil for 15 minutes. The lobster shells will be bright red and the tails will be curled when they are done.

Lobster Cooking Times - boiling or steaming

Lobster Weight	Cooking Time
1 - 1 ½ lbs.	12 - 15 minutes
1 ½ - 2 lbs.	15 - 20 minutes
2-3 lbs.	20 - 25 minutes
3-6 lbs.	25 - 28 minutes
6-7 lbs.	28 - 30 minutes
8 lbs. and over	4 minutes per pound



How Do I Know When the Lobster Is Cooked?

Lobsters will turn their characteristic bright red color well before the meat is thoroughly cooked inside. Follow these easy tips to ensure that the lobster is cooked.

- Tug on an antennae or pull off one of the small walking legs. They both will come off easily when the lobster is done.
- The meat inside the lobster will be firm, white and opaque. The tomalley, which fills much of the body cavity, will be greenish-yellow.
- The roe in female lobsters will be bright orange-red and firm. If it is a dark greenish-black, with an oily tar-like consistency, the lobster is under cooked.

**From lobsterhelp.com/boiling-lobster.html*

GRILLED LOBSTER TAIL

Serves: 2

Prep Time: 10 min.

Cooking Time: 10 min.

Ingredients:

1/2 cup Market District® olive oil

1 Tbsp. Giant Eagle lemon juice

1 tsp. paprika

1 tsp. kosher salt

1/8 tsp. white pepper

1/8 tsp. garlic powder

2 frozen lobster tails, thawed

Directions:

In a small bowl, whisk together olive oil, lemon juice, paprika, salt, white pepper, and garlic; reserve for use later. Heat grill to high heat. Carefully split lobster tails lengthwise using a large knife. Drizzle flesh side of split lobster tails with oil and lemon juice mixture and reserve the rest for basting. Once grill is hot, place tails flesh side down on grate. Cook tails 8-10 minutes or until internal temperature is 145°F and lobster flesh turns opaque, turning once and drizzling with oil and lemon juice mixture every few minutes. Remove from heat and serve hot.

LOBSTER TAIL

The lobster tail is the tastiest part of the lobster and makes up the bulk of the lobster's meat. The tail can be prepared in a variety of ways.

Step 1 - Thaw frozen tail, either in a refrigerator overnight or under cool running water.

Step 2 - Lobster tails can be boiled, steamed, baked, broiled or grilled. Each method has its virtues, and all are equally easy ways to cook a lobster tail. Lobsters are most traditionally boiled, but any of the methods listed above are sound. These methods do not require the tail to be removed from the shell, but when cooking larger lobster tails on the grill or by broiling, it is advisable to cut down the length of the underside of the shell. This will help prevent the meat from drying out and help cook it evenly.

Step 3 - For a beautiful “cauliflower” effect on your lobster tail, take a sharp pair of scissors or shears and cut down the center of the top of the tail shell. Do not cut all the way down — stop when you reach the fan end of the tail. Gently pull the shell apart, working down the length to open up your cut. Once you've worked it open, use your fingers and thumbs to pull the meat up and away from the shell. You should be able to use your fingers to free the meat from the shell with the tail whole and intact. When you reach the end of the tail, at the fan, just pull the tail out of the shell (it will still be attached at the base) and lay it on top of the shell. You may want to trim the ragged edge of the tail at the opposite end. Season and broil the tail.

Step 4 - Seasoning the tail can be helpful for flavor when you broil the meat. You can brush the meat with butter and tarragon, salt and pepper or other spices. Lobster meat does dry out easily, so use the butter to keep it moist when you broil, and be aware that cooking times are very short.

BROILED LOBSTER TAIL

Serves: 2

Prep Time: 5 min.

Cooking Time: 8-10 min.

Ingredients:

2 frozen lobster tails, thawed
1 stick Giant Eagle unsalted butter
2 Tbsp. Giant Eagle lemon juice
White pepper

1/4 tsp. garlic powder
2 tsp. salt
Giant Eagle olive oil
cooking spray

Directions:

Preheat broiler. Melt the unsalted butter in a small microwave-safe bowl. Whisk the lemon juice, 1/4 tsp. white pepper, garlic powder and salt into the melted butter. Use a large knife or kitchen scissors to split the top of the shell of the lobster tail lengthwise. Gently pull apart shell, leaving the meat inside. Lightly spray baking sheet with cooking spray. Place lobster on prepared baking sheet; brush meat and all sides of the tail with butter mixture. Place tails 4 inches under broiler, leaving the oven door slightly open. Broil 8-10 minutes, brushing every 2 minutes with butter mixture. Lobster is done when flesh is opaque, firm to the touch, and reaches an internal temperature of 145°F.

HOW TO EAT A LOBSTER*

To get at the meat inside a cooked whole lobster, you'll need a nutcracker. A lobster fork (a small type of fork) will also be very helpful.

Legs

Grasping the lobster by its back, gently twist the legs so that they come away from the lobster at their base. You can then get little bits of meat and lobster juice out of the legs by breaking them at the joints and biting and sucking on their ends. You may also be able to remove strings of meat using your lobster fork.

Claws

As you did with the legs, twist the claws so that they come away from the lobster at their base. You'll now have what looks like an "arm" with a claw at the end. Break off the arm from the claw at their point of connection. Use your lobster fork to remove the meat inside the arm. You may have to use the nutcracker to open up the shell further in order to get at the meat fully. The claw looks like a mitten, with a "thumb" opposing the rest of the claw. First, pull away the thumb from the claw with your fingers. You can usually pull the meat from the thumb by just spearing it and pulling it with your lobster fork. To get at the meat in the part of the claw, use your nutcracker to crack and remove the tip of the claw. Now the claw will have holes at both ends—at its tip, and at the "wrist" where it met the "arm." Insert a finger or your lobster fork into the hole at the tip of the claw and push the meat out the hole at the wrist.

Tail

With one hand, firmly grasp the top of the lobster's back. With the other hand, grasp the lobster's tail in the same way. Twist the two parts of the lobster in opposite directions until they separate. At this point, you have two different ways to get at the tail meat.

Method 1

The underside of the tail is covered in a white or translucent material that feels a bit like plastic. Using a sharp knife and starting at the end of the tail that was once attached to the rest of the lobster, you can cut down the middle of this material along the length of the tail. Once you've cut the underside of the tail so that it splits open, you can remove the meat.

Method 2

At the tail's end, you'll see what looks like a bunch of little flippers. Pull these flippers off of the tail, which will create a narrow hole at the end of the tail. Insert a finger or your lobster fork into this narrow hole, and push the tail meat out the hole at the far end (the hole where the tail used to connect with the rest of the lobster). Before eating the tail, peel off the digestive tract, which runs down the middle of the back of the tail. Each of the flippers also contains a tiny bit of delicious meat that you can get by further breaking open the flippers' shells with your lobster fork.

*From lobsterhelp.com/boiling-lobster.html



KING CRAB

There's plenty to look for when buying king crab. The first is, what type of king crab are you going to buy? There are three types of king crab available in the market: Red, Golden, and Blue. Red king crab is the most sought after for as it is known for its sweet meat. Golden king crab is commonly smaller and more abundant. Blue king crab tends to have extraordinary large right claws.

Commonly king crab is measured by how many crab legs it would take to make 10 pounds. A size "12-14" would mean there is on an average 12 to 14 legs per 10 pounds. Claws are not counted when making this weight count. Sizes can range from 6-9 to 21-24.

Cooking King Crab Legs

In most cases, the king crab you purchase has already been cooked by the processor. The majority of Alaska's crab is cooked and blast frozen to secure its prized taste. Preparing king crab is usually just a matter of using your preferred reheating method.

If buying frozen crab legs, thawing them is the first thing you need to do. We recommend thawing king crab overnight in your refrigerator. If you're in a big hurry, king crab can be thawed under cold running water to speed this up.

There are a variety of ways to reheat king crab. Steaming and boiling are the most common. With these methods, king crab takes only 4 to 8 minutes to reheat. Keep in mind that unless you have purchased a live king crab, the crab legs in front of you have already been cooked. Be careful not to overcook your king crab as it will reduce the prized texture and taste.



DEVILED CRAB BITES WITH ENGLISH CUCUMBER



Serves: 4 Prep Time: 10 min.

Ingredients:

*1 Tbsp. Thai spiced mayonnaise
available in the Asian Spice aisle
1 Tbsp. Dijon mustard
1 tsp. lemon juice
1/2 cup fresh lump crabmeat, drained*

*1 Tbsp. panko bread crumbs
1 Tbsp. green onion, minced
6 unpeeled English cucumbers,
sliced on the bias 1/2 inch thick
Paprika for seasoning (optional)*

Directions:

Combine the first five ingredients in a medium-size bowl; stir well. Add bread crumbs and green onions, stir to combine. Scoop out just enough flesh from the center of each cucumber slice to create a well deep enough to hold 1/2 teaspoon crab mixture. Spoon 1 teaspoon crab mixture into each cucumber slice and sprinkle with paprika, if desired.

SMOKED SALMON, PEAR AND MANGO STILTON APPETIZER

Serves: 4

Prep Time: 30 min.

Chill Time: 30 min.



Baking Time: 20 min.

Ingredients:

1 lb. package frozen puff pastry
4 large pears, such as Asian pears
Juice of 1 lemon, divided
1/2 cup cream
1/2 lb. Stilton cheese with mango

1/4 tsp. grated nutmeg
2 6-oz. or 8-oz. packages smoked salmon
Salt for seasoning
6 oz. bag Farmers Market spinach leaves

Directions:

Allow pastry to come to room temperature, about 30 minutes. Meanwhile, peel, half and core the pears, then slice into small sticks. Drizzle sliced pears with lemon juice from half a lemon. Drain on a towel, set aside. Roll out the thawed pastry and cut into 2-3 inch triangles (large enough to accommodate 2-inch slices of smoked salmon and the pear sticks). Prick with a fork and chill for 30 minutes. In a small saucepan, bring cream to a simmer and whisk in cheese until well blended. Season with nutmeg. Note: If a thinner consistency is preferred, more cream may be added. Preheat oven to 350°F. Place a 2-inch piece of smoked salmon on each piece of pastry; drizzle each with a small amount of cheese mixture and top with pear sticks. Season with salt, if desired. Roll into small croissants and place on baking sheet. Bake for about 20 minutes, until golden brown. Serve on a bed of spinach with the remaining warmed cheese sauce drizzled over top. Alternate Serving Suggestion: Instead of making the cream and cheese sauce, melt 1 stick of unsalted butter in a small saucepan over medium-low heat. Add 3/4 cup orange juice concentrate; stir to combine.

SHRIMP WITH PROSCIUTTO AND ORANGE



Serves: 2

Prep Time: 10 min.

Cooking Time: 10 min.

Ingredients:

1/2 cup all-purpose flour

1/4 tsp. cayenne pepper

1/4 tsp. sea salt

8 raw jumbo shrimp, peeled and deveined

8 prosciutto slices

8 toothpicks

1 Tbsp. Giant Eagle Better Than Butter

1/2 cup orange juice concentrate

8 orange segments, such as Mandarin

Directions:

In a small bowl, combine flour, cayenne pepper, and salt. Wrap shrimp with prosciutto, coat with a dusting of seasoned flour. Pin wrapped shrimp with toothpicks to hold prosciutto in place. Heat Better Than Butter in a large pan over medium-high heat. Sauté wrapped shrimp about 2 minutes on each side, until the flesh of the shrimp is pink and opaque. Remove shrimp to a serving platter. Add orange juice to the same pan and simmer until thickened. Spoon sauce over shrimp and garnish platter with orange segments. Serve immediately.

SWEET AND SAVORY SHRIMP PHYLLO BITES

Serves: 6 Prep Time: 35 min.



Ingredients:

24 cooked medium shrimp, fresh or thawed from frozen

1 mango, ripe but firm

24 frozen mini phyllo cups

1 jar red sweet chili sauce

found in Asian Spice aisle

1/4 tsp. salt

2 Tbsp. chopped cilantro, optional

2-3 sprigs cilantro, as optional garnish

Directions:

Pat shrimp with paper towel to dry well. Remove and discard shells and tails. Peel mango, remove pit, and dice fruit into 1/2-inch pieces. Shrimp and mango may be stored covered in the refrigerator until ready to assemble the "bites". Allow phyllo cups to come to room temperature, about 20 minutes. Place cups on a serving platter and fill each cup with chili sauce; add one piece each of mango and shrimp. Sprinkle the phyllo cups with salt and cilantro and garnish the platter with cilantro sprigs, if desired. Serve immediately.

Suggested wine pairing: Chardonnay

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CLASSIC CRABMEAT DIP



Serves: 10-12 Prep Time: 10 min.

Cooking Time: 25 min.

Ingredients:

1 clove garlic, minced
1/2 medium white onion, diced
2 Tbsp. Giant Eagle butter
1 Tbsp. Giant Eagle pure olive oil
1 lb. can jumbo lump crabmeat, drained
1/4 cup Giant Eagle mayonnaise
8 oz. Giant Eagle cream cheese,
softened

1/2 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. black pepper
1/3 cup bread crumbs
Giant Eagle Entertainer Crackers
Giant Eagle Bakery bread
Chopped green onions, garnish
(optional)

Directions:

Preheat oven to 375°F. Over medium-low heat, sauté garlic and onion in butter and oil for 5 minutes. Remove from heat and pour into a medium mixing bowl. Add in crabmeat, cream cheese, mayonnaise, lemon juice, salt and pepper. Mix well. Pour into a lightly greased 2-quart casserole dish and top with bread crumbs. Bake for 25 minutes, or until heated through. Garnish with chopped green onions if desired. Serve immediately with crackers and your choice of Bakery bread.

CRAB MEAT PIZZA

Serves: 4 - 6 Prep Time: 5 min.

Cooking Time: 15 min.



Ingredients:

*12-inch Giant Eagle bakery pizza shell
1/4 cup Market District® Alfredo sauce
2 Giant Eagle jumbo lump crab cakes*

*1 cup Giant Eagle Italian shredded
cheese blend
2 Tbsp. Nature's Basket
fresh parsley, chopped*

Directions:

Preheat oven 400°F. Spread pizza shell evenly with Alfredo sauce. Crumble crab cakes and place them atop pizza shell. Sprinkle on shredded cheese and fresh parsley. Bake for about 15 minutes or until golden brown. Remove from oven and cut into 8 slices.

JUMBO LUMP CRAB CAKES



Serves: 6

Prep Time: 15 min.

Baking Time: 20 min

Ingredients:

*2 Tbsp. jarred roasted red peppers,
drained and diced*
3 green onions, green stalks only, diced
1/4 cup Giant Eagle mayonnaise
2 tsp. lemon juice
2 tsp. spicy brown mustard

*1.25 oz. packet Old Bay® Crab Cake
Classic Seasoning*
*16 oz. can premium jumbo lump
crabmeat, drained*
Cooking spray

Directions:

Preheat oven to 350°F. In a medium-size bowl, combine peppers, onions, mayonnaise, lemon juice, mustard, and crab cake seasoning. Mix well to evenly distribute the ingredients. Gently mix in crabmeat, being careful not to break up the lumps. Scoop a handful of the mixture, approximately 1/2 cup, out of the bowl and gently form the mixture into a patty. Repeat with remaining crab mixture. Place the crab cakes on a lightly greased cookie sheet. Bake for 20 minutes, until golden brown and an internal temperature of 145°F is reached.



BAKED COD

Serves: 2

Prep Time: 15 min.

Cooking Time: 15 min.

Ingredients:

1/2 yellow pepper, thinly sliced
1/2 medium onion, thinly sliced
1 Tbsp. Market District® olive oil
2 6-oz. Icelandic cod fillets

*Kosher salt and freshly ground
black pepper to taste*
2 Tbsp. fresh dill, chopped
Zest of 1 lemon
Parchment paper or aluminum foil

Directions:

Preheat oven to 450°F. Place rack in center of oven. In a medium skillet, sauté pepper and onion in olive oil until tender, about 10 minutes. Place each fillet on a piece of parchment paper or foil. Season the fillets with salt and pepper; add dill and lemon zest. Top with sautéed vegetables. Fold parchment or foil over fillet and fold in edges to form a pouch. Place pouches on a baking sheet and bake until internal temperature of fish reaches 145°F, about 14-16 minutes.

SCALLOPS WITH JARLSBERG CHEESE SAUCE



Serves: 4

Prep Time: 5 min.

Cooking Time: 8-10 min.

Ingredients:

4 Tbsp. Giant Eagle butter
2 lbs. Giant Eagle sea scallops

4 oz. Market District® Jarlsberg cheese spread
4 oz. heavy cream or half & half

Directions:

Heat and melt butter in skillet. Add sea scallops. Sauté for 5-7 minutes until opaque and firm with an internal temperature of 145°F. Remove scallops to a hot plate. In same skillet, add heavy cream and cheese spread or dip. Whisk until blended into a creamy sauce. Add scallops back into the mixture. Heat for 1 minute, until bubbly. Serve over pasta or rice.

Alternatives:

Can also substitute with Market District® spinach artichoke dip or Red Dragon mustard cheddar.