



Wild, Natural & Sustainable®

Wild ALASKA

GOLDEN KING CRAB

Lithodes aequispinus

formerly known as BROWN KING CRAB



PRODUCTS

FRESH



LIVE WHOLE CRAB

LEGS & CLAWS

FROZEN



LEGS & CLAWS

CLUSTERS/SECTIONS

SPLIT LEGS & CLAWS

SELECT PORTIONS

BROILER CLAWS

TAILS



UTILIZATION

Coming to you Live

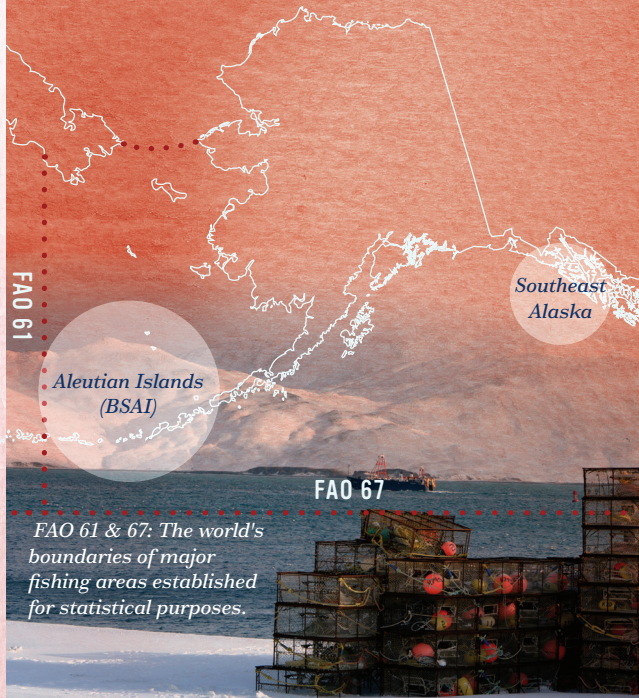
Due to a long harvesting season, golden king crab are often a preferred choice for consumers who want to cook the crab themselves. This hearty species travels well, and is available live for most of the year!

HARVEST PROFILE

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Bering Sea /
Aleutian Islands
Southeast Alaska



FAO 61 & 67: The world's fishing areas established for statistical purposes.

ECONOMY

Source: NOAA

Golden King Crab jobs

~100

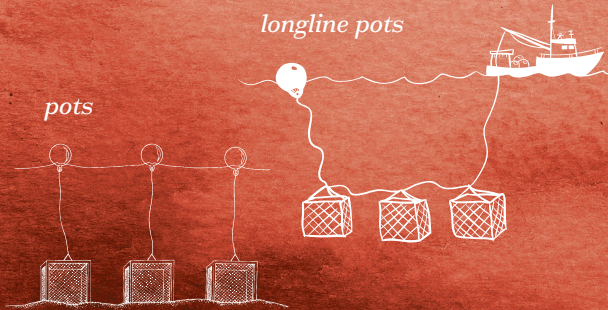


Golden King Crab vessels

~20



GEAR TYPE



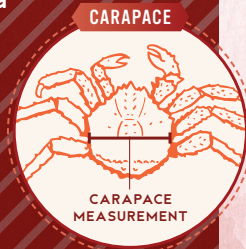
SUSTAINABILITY

IN ALASKA, PROTECTING the future of both the stocks and ENVIRONMENT TAKE PRIORITY over opportunities for commercial harvest. Federal and State agencies jointly manage the Bering Sea and Aleutian Islands golden king crab stocks, whereas the ADF&G solely manages Southeast Alaska crab stocks. Additional measures, such as the Crab Rationalization Program and a stringent on-board observer program ensure sustainably harvested wild Alaska golden king crab will be available for generations to come.



The golden king crab harvest is limited by the 3 S's:
SIZE, SEX, AND SEASON.

Only males with a carapace of at least 5 inches can be caught, and harvest is not permitted during mating and molting!



CERTIFIED

The Alaska golden king crab fishery is certified to an independent standard for sustainable fisheries:



ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)



GASTRONOMY

VERY SWEET • FIRM BUT TENDER
RICH AND LUXURIOUS



"Just pile them on the grill over indirect heat and after 15-20 min they are ready. For a decadent experience brush them with garlic butter, but with the sweet, tender meat this is not necessary."

CHEF JASON PORTER
Hotel Alyeska | Girdwood, Alaska



ISLAND DELICACY

THE VAST MAJORITY OF THE WILD ALASKA GOLDEN KING CRAB IS FROM *the Aleutian Islands*. A CHAIN SPREADING HUNDREDS OF MILES AND DIVIDING THE GULF OF ALASKA AND BERING SEA.

COOKING PROFILE



METHOD *Boiling, grilling, steaming, baking—the simpler the better!*



PRE-COOKED *Sweet and rich flavor locked-in and ready for re-heating*

WILD HABITAT



The Wild Alaska Golden King Crab:

- A recent addition to Alaska fisheries, with commercial harvest beginning in 1981.
- Golden king crab like living on the edge, preferring the depths of extremely steep fjord slopes.
- Smaller than their blue and red brethren, golden king crab typically weigh 4-8 lbs.
- Golden king crab also live deeper than reds and blues, usually at 200-500 meters.

Steep and Deep

The great depths and steep bottom topography of the inter-island passes separating the Aleutian Islands inhabited by wild Alaska golden king crab necessitate fishing the crab pots on longline gear rather than individual lines for each pot. Longlined pot strings include 10 or more pots at 60-foot intervals with heavier 'anchor pots' and a cluster of four buoys at each end.

NUTRITION

WILD ALASKA GOLDEN KING CRAB IS PACKED WITH **VITAMIN B-12**, **HIGH QUALITY PROTEIN**, AND **OMEGA-3'S**.

3.0 oz. of GOLDEN KING CRAB

16 g PROTEIN (32% DV)

351 mg OMEGA 3s DHA & EPA

9.8 mcg VITAMIN B12 (408% DV)

DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28



THE HIGH PROTEIN CONTENT OF WILD ALASKA GOLDEN KING CRAB

is easily digestible, and has all nine amino acids the body can't produce itself – a complete protein of the highest quality.



Benefits of
Vitamin B-12

- *Helps form red blood cells and prevent anemia*
- *Risk reduction of macular degeneration*
- *Prevents neuron loss*
- *Supports bone loss and prevents osteoporosis*
- *Supports healthy skin, hair, and nails*

Recipes

*Tropical Coconut-Lime Glazed Alaska King Crab with Sweet Panko Thai Brittle | Alaska King Crab Provencal
Alaska King Crab with Wilted Kale and Quinoa Salad | Great Smoky Grilled Alaska King Crab*

Find these and more at WILDALASKASEAFOOD.COM/RECIPES