



Florida Stone Crab Claws

Florida stone crabs are legal for harvest from **October 15 until May 15.**

The Florida stone crab is usually fished near jetties, oyster reefs or other rocky areas, just as for blue crabs. The bodies of these crabs are relatively small and so are rarely eaten, but the claws (chelae), which are large and strong enough to break an oyster's shell, are considered a delicacy. Harvesting is accomplished by removing one or both claws from the live animal and returning it to the ocean where it can regrow the lost limb(s). To be kept, claws must be 2.75 inches long, measured from the tips of the immovable finger to the first joint.



Nutritional Information	
Serving size	114 g
Calories	71
Protiens	17.6 g
Carbohydrate	0.0 g
Fiber	0.0 g
Total fat	0.0 g
Saturated fat	0.0 g
Sodium	353 mg



Joes Crab Shack

Stone Crab Mustard Sauce

- 1 tablespoon Coleman's dry mustard, or to taste
- 1 cup mayonnaise
- 2 teaspoons Worcestershire sauce
- 1 teaspoon A-1 steak sauce
- 1/4 cup heavy cream or milk
- salt to taste

Preperation

Place the mustard in a small mixing bowl. Whisk in the mayonnaise, Worcestershire sauce, A-1 Sauce, cream and a pinch of salt. Mix until well blended and creamy. Chill the sauce, covered, until serving.

