



## Crawfish

### **description**

Crawfish is a crustacean that resembles a miniature lobster; this species is usually dark golden-brown with reddish tinges. Crawfish average 3-9 inches in length. The cooked meat is red.

### **alternatives**

Alternative to crawfish are langostinos, lobster, shrimp, and crab.

### **source**

Frugé Seafood is a sister company of Frugé Aquafarms Inc. a real life working rice and crawfish farm. Our farm is located in Branch, Louisiana in the heart of Cajun Country.

Our crawfish are shipped direct from the farm straight to you overnight. It doesn't get any fresher.

### **harvest method**

Crawfish are either farmed in rice fields during alternating seasons or trapped in the wild. Unlike other farm-raised products crawfish are trapped with bait; therefore, harvest is dictated by the catch. Bait consists of pieces of fish in colder months and manufactured pellets with warmer temperatures. Crawfish are harvested in a specially designed crawfish boat. This process is very labor intensive and continues rain or shine.

### **harvest season**

Harvest begins as early as November in a warm year and as late as February with colder weather. The season usually goes into July.

### **flavor**

Crawfish has a sweet, lobster-like flavor, though not as rich. Most of the flavor in crawfish comes from a yellow-orange digestive gland (fat deposit) inside the head cavity.

### **appearance**

Crawfish is a crustacean that resembles a miniature lobster; this species is usually dark golden-brown with reddish tinges. Crawfish average 3-9 inches in length. The cooked meat is red.

### **texture**

Crawfish have a firm texture.

### **preparation**

Crawfish are traditionally prepared boiled in a spicy Cajun or Creole seasoning blend or in Scandinavian dill seasonings. It's tail meat is often presented in jambalaya, bisque or etouffee. Softshell crawfish can be deep-fried, boiled, or steamed.

### **market segments**

Crawfish is appropriate for casual dining, hotels, and resort/clubs.

### **nutritional facts**

3.5 oz (100g) raw edible portion

Calories 90; calories from fat 11; total fat 1.2g/2%; Saturated fat 0.1g/3%; cholesterol 55mg/18%; sodium 539mg/22%; carbohydrates 0g/0%; protein 18.5g; potassium 173mg.



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