

# Great Alaska Seafood Thawing Instructions

**CRAB:** Is pre-cooked and can be thawed and eaten cold or cooked from frozen. Prior to cooking, rinse crab under cold water to remove saltwater brine coated on legs that is used to preserve freshness.

**SHRIMP:** Shrimp also thaw best overnight in the refrigerator. For quicker thawing, take the shrimp out of the package and put in a bowl of cold water, letting a trickle of cold water run into the bowl while excess water goes down the drain. The shrimp should be ready to cook in about 15 minutes using this method. Shrimp can also be boiled from frozen.

**LOBSTER:** For best results, put lobster tails in their wrappers on a plate in the refrigerator the day before you plan to cook them. If you don't have time, soak the lobster tails in cold water until thawed. Lobster meat is pre-cooked and can be thawed and eaten cold or cooked from frozen.



[www.Great-Alaska-Seafood.com](http://www.Great-Alaska-Seafood.com) • Toll Free 866-262-8846