Santolla Crab

Santolla Red Crab (*Lithodes santolla*) is related to the other more common species of King Crab. Like King Crab, Santolla Crab has four pairs of appendages: three pairs of walking legs and a pair of claws (a feeder claw on the left and a large “killer” claw on the right). It also has a spiny shell like other species of King Crab. It is a great option as a substitute for the less sustainable Russian King Crab and the more expensive Alaskan King Crab.

Santolla crab is found on sandy and stony seabeds at depths up to 700m in the Southwest Atlantic. It is found from Tierra del Fuego, Argentina north to Uruguay and somewhat around the Falkland Islands. Santolla Crab is commercially fished in waters around Argentina, mainly in the Gulf of San Jorge. It is caught by trap and then cooked and frozen at sea. Only male Santolla Crabs of at least a certain size are allowed to be caught in the fishery to ensure the reproductive potential of the crab population. The limited entry Argentine fishery has low levels of bycatch and the most significant bycatch is undersized and female crabs, which have a high survival rate when released. Additionally, traps are made with escape rings to allow the younger, and smaller, crabs to escape. The fishery is also implementing additional gear modifications including biodegradable nets, to reduce the risk of ghost fishing.

The Monterey Bay Aquarium Seafood WATCH® rates Southern Red Crab from Argentina as a “Avoid.”

**Sources**

- **Species Name**
  - Lithodes santolla

- **Source**
  - Argentina

- **Seasonality**
  - Available year-round with peaks in July and November.

- **Fishing Method**
  - Wild caught by trap.
Flavor
Delicate sweet flavor with rich meat texture that is similar to King Crab.

Dietary Information
Per 3 oz meat (85g):
- Calories 80
- Calories from Fat 15
- Total Fat 1.5g, 2%
- Saturated Fat 0g, 0%
- Trans Fat 0g, 0%
- Cholesterol 45mg, 15%
- Sodium 91mg, 4%
- Total Carbohydrate 0g, 0%
- Dietary Fiber 0g, 0%
- Sugars 0g
- Protein 16g, 32%
- Vitamin A 0%
- Vitamin C 10%
- Calcium 6%
- Iron 4%

Appearance
Santolla has 3 pairs of walking legs plus one pair of claws. The body is covered with a spiky shell that tends to be lighter in color than red king crab. The meat is snow white with a scarlet membrane.

Form
Available as clusters and packs of legs and claws.

Uses

Preparation
Santolla comes precooked so the meat just needs to be warmed through. Take care to not overcook.
- Bake
- Boil
- Grill
- Steam

Substitution
King crab can be substituted for Santolla.

Handling
Carefully thaw to prevent the meat from becoming watery and mushy. Santolla should be rinsed then thawed slowly in a covered container or bag in the refrigerator for 24 hours. After thawing, it should be refrigerated at 30-34 degrees F. Cook immediately after defrosting. Do not thaw at room temperature. Do not refreeze.

Market

Sizes and Cuts
9-12 ounce cluster and 20 up legs and claws.
**Pricing Scale**
Stable price tends to be lower than that for king crab. Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information and current pricing information.

**Shelf Life**
If handled and stored properly frozen Santolla can be commercially stored for up to one year.

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<td>Santolla crab, Nova crab, Southern red crab</td>
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<th>Where Caught</th>
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