

## **APPENDIX L**

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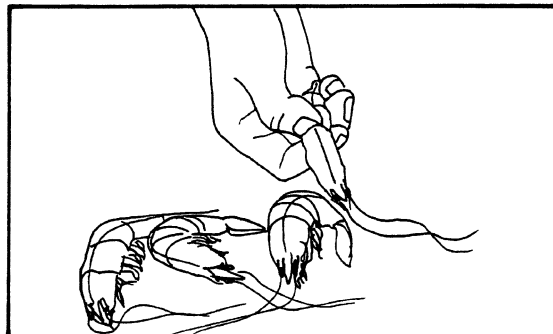
### **GENERAL PROCEDURES FOR REMOVING EDIBLE TISSUES FROM SHELLFISH**

Source: UNC Sea Grant Publication. 1988. UNC-SG-88.02. The Water Resources Institute, North Carolina State University, Raleigh, NC

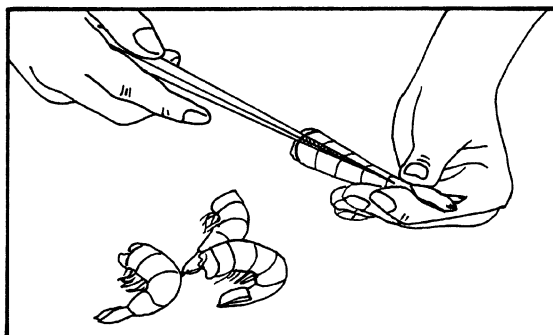
## Heading, peeling and deveining shrimp

**1**

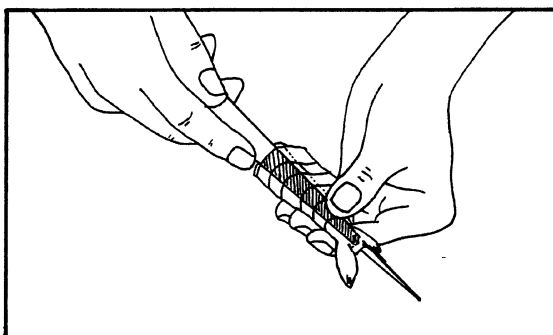
To head a shrimp, hold it in one hand. With your thumb behind shrimp head, push head off. Be sure to push just the head off so that you do not lose any meat.

**2**

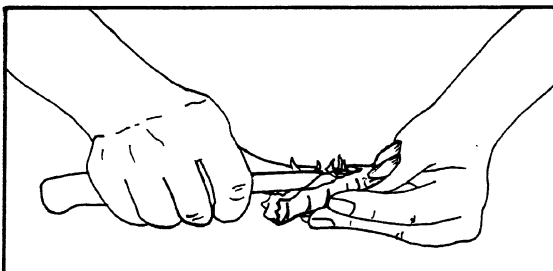
If using a deveiner, insert it at head end, just above the vein.

**3**

Push through shrimp to the tail and split and remove shell. This removes vein at the same time.

**4**

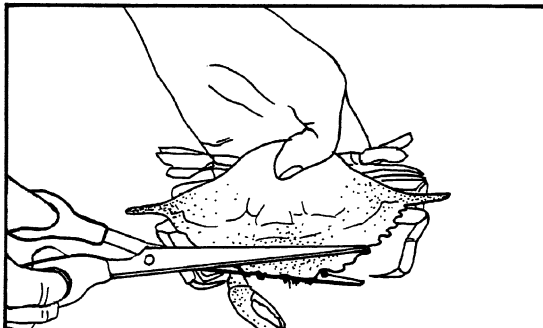
If you prefer to use a paring knife, shell shrimp with your fingers or knife. Then use knife to gently remove vein.



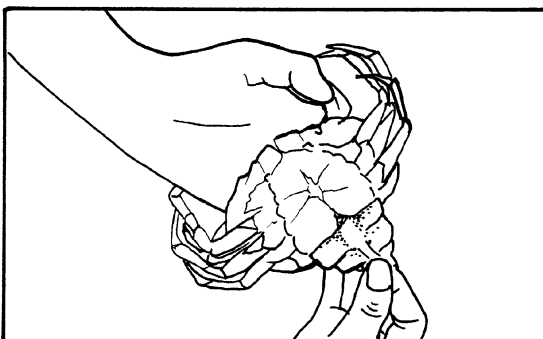
Source: UNC Sea Grant. 1988. Publication UNC-SG-88-02. The Water Resources Research Institute, North Carolina State University, Raleigh, NC.

**1**

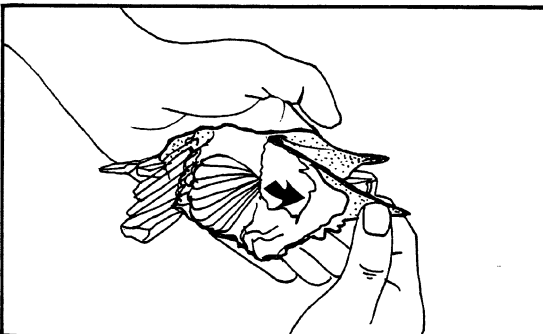
Hold crab in one hand and cut across body just behind eyes to remove eyes and mouth.

**2**

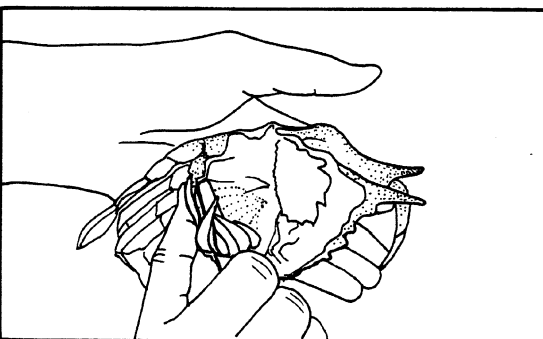
Turn crab on its back. Lift and remove apron and vein attached to it.

**3**

Turn crab over and lift one side of top shell.

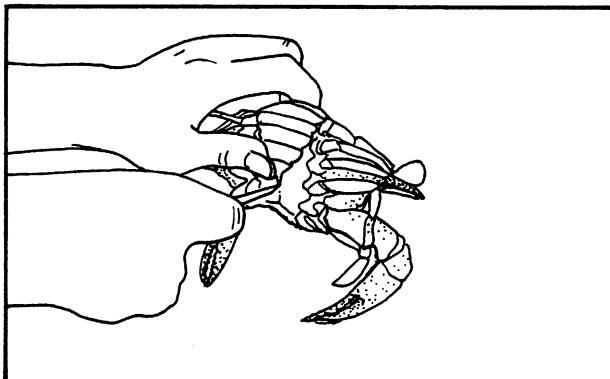
**4**

With a small knife, scrape off grayish-feathery gills. Repeat procedure on other side.

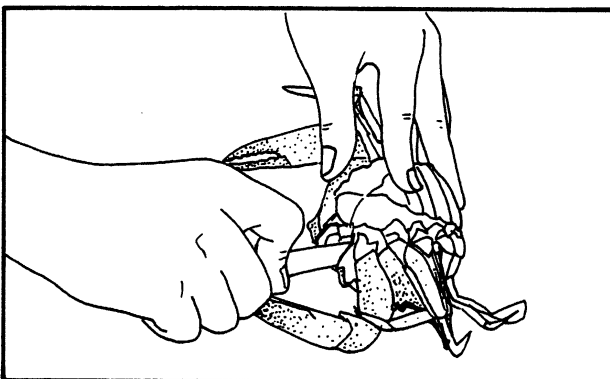


**1**

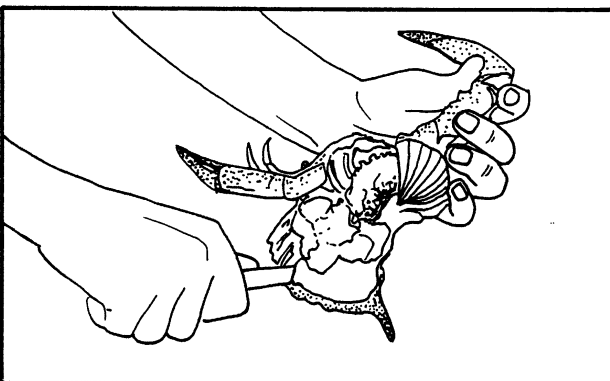
Hold crab in one hand. Turn crab over and stab straight down at point of apron with a knife.

**2**

Make two cuts from this point to form a V-pattern that will remove mouth.

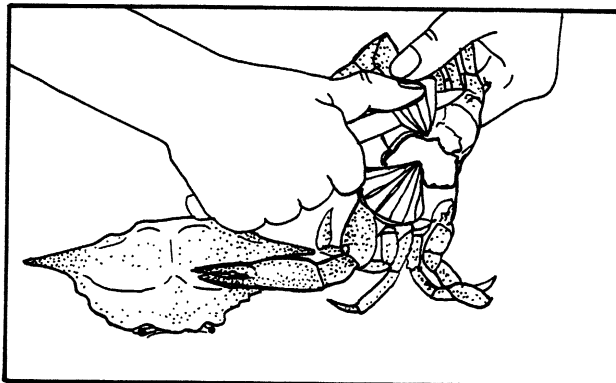
**3**

Do not remove knife after making second cut. Firmly press crab shell to cutting surface without breaking back shell. With other hand, grasp crab by legs and claws on the side where you are holding knife, and pull up. This should pull crab body free from back shell.

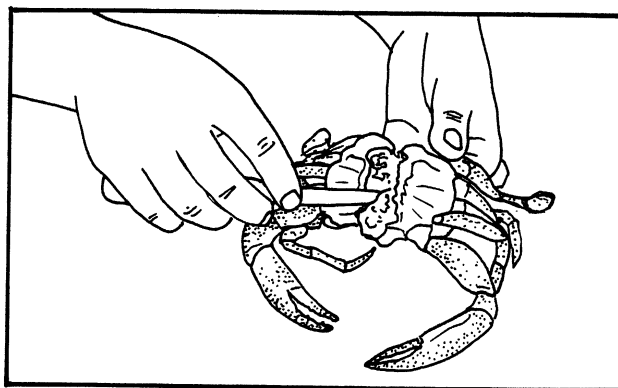


**4**

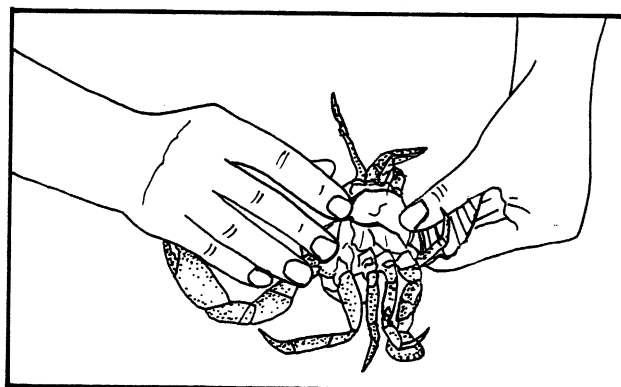
Remove gray, feathery gills, which are attached just above legs. Cut and scrape upward to remove gills.

**5**

Remove all loose material—viscera and eggs—from body cavity.

**6**

If apron did not come loose with shell, remove it.

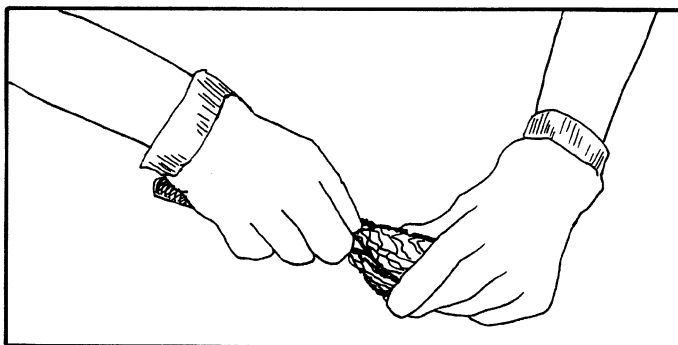


**1**

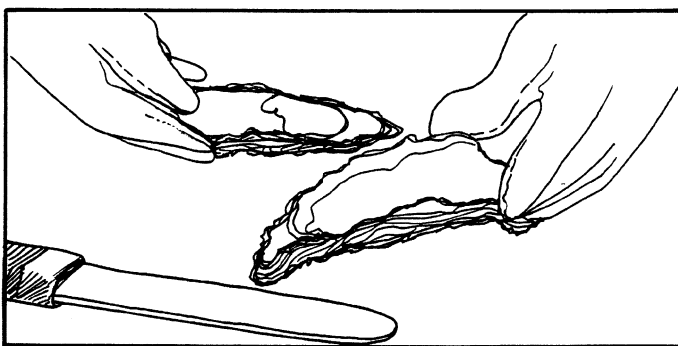
Oyster shells are especially sharp; be sure to wear gloves to protect your hands. Chip off a small piece of shell from the thin lip of the oyster until there is a small opening.

**2**

Insert knife blade into the opening and cut muscle free from top and bottom shells.

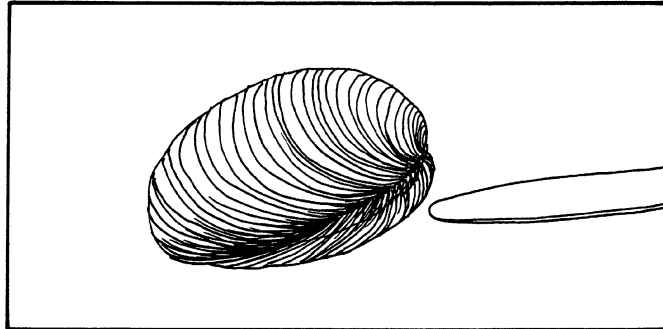
**3**

Remove oyster meat from the shell.

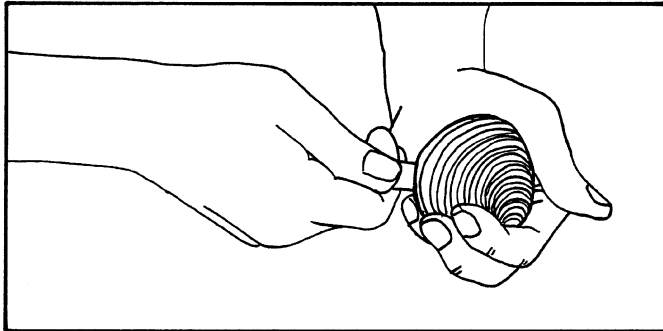


**1**

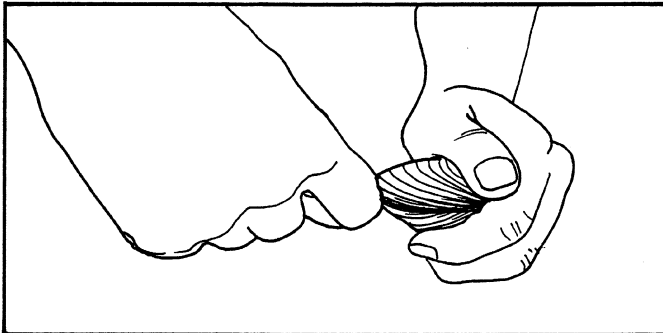
In the back of clam near the hinge is a black ligament. Toward the front where ligament ends is a weak spot. Insert your knife at this spot.

**2**

Inside are two muscles. Run the knife around the shell to sever both muscles.

**3**

Now insert the knife blade into the front of the shell and separate the two shells.

**4**

Scrape the meat free from the top and bottom shell.

