

*Quality*  
is in our **nature**



## Canadian Lobster and Snow Crab

*Fresh From the Ocean*



If your ideal seafood is lobster or snow crab, Canada has a feast for you. Canada is the world's largest exporter, by value, of both. Our clean, cold waters provide a bountiful harvest of the two species and our dedication to quality, freshness and taste means that these Canadian delicacies are prized around the world.

### Atlantic lobster, the king of seafood

Canada's Atlantic lobster comes from the salt waters around Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Québec, and is our most valuable and best-known seafood export. People in more than 50 countries enjoy the delicacy, either by itself or in a myriad of gourmet dishes.

Because the lobster catch is so valuable, we have used advanced techniques to monitor the seabed and the lobster population so that the fishery will continue to be sustainable and environmentally sound. Methods of lobster storage and processing are equally advanced; while lobsters are still caught in traps hauled one at a time from the ocean, just as they were a century ago, modern lobster boats are equipped with on-board refrigeration that greatly improves the freshness of the catch. Landed at the dock within hours of being caught, the lobsters go directly to holding tanks for live sale, or to sophisticated packing plants where innovative quick-freezing methods guarantee their freshness and flavour.

Canadian lobster is available live, frozen whole, as lobster tails, as lobster meat and in several other forms. Prepared hot, it's superb in casseroles, bisques, omelettes, soufflés, quiches and crêpes. Cold, it adds elegance to salads, hors d'oeuvres and lobster rolls.

### Splendid snow crab

Canadian snow crab is caught in all the Atlantic provinces and in Québec. While it is not the only crab species harvested in Canada, the snow crab catch is by far the largest, making it the cornerstone of our Atlantic crab industry.

Canada's snow crab harvest is highly sustainable because fishers carefully sort the catch and put the females and immature crabs back into the





ocean. Only mature males are used in our modern processing plants, where they are quickly precooked and flash-frozen to preserve their ocean-fresh flavour.

As a result of this meticulous care, gourmets worldwide appreciate Canada's frozen and snow crab meat for its rich, sweet taste and the firm texture of its meat. Gently steamed when fresh and presented whole or in sections, it's superb with drawn butter. The cooked claws make elegant hors d'oeuvres, and the meat is excellent when served hot in soups, omelettes and canapés, or cold in crab salad, stuffed mushrooms or crab dip.

### Assured quality

Canadian lobster and snow crab are very safe to eat. Canada has one of the world's most rigorous seafood inspection and control systems, overseen by the Canadian Food Inspection Agency (CFIA), which sets stringent standards for seafood products and for seafood handling and processing. All establishments that harvest and prepare Canadian seafood for export must be federally registered and must comply strictly with international Hazard Analysis Critical Control Points (HACCP) principles.

The CFIA also inspects our seafood for contaminants and ensures that ongoing testing falls within the guidelines established by Health Canada. These guidelines meet the standards of both the U.S. Food and Drug Administration and the World Health Organization.

### Taste the Canadian difference

Succulent and delicious, Canadian lobster and snow crab will delight the most discriminating palate. For further information on Canada's seafood industry, please visit:

#### Government websites

- Fish and Seafood Canada:  
[www.ats-sea.agr.gc.ca/sea-mer](http://www.ats-sea.agr.gc.ca/sea-mer)
- Fisheries and Oceans Canada:  
[www.dfo-mpo.gc.ca/fm-gp/index-eng.htm](http://www.dfo-mpo.gc.ca/fm-gp/index-eng.htm)
- Canadian Food Inspection Agency:  
[www.inspection.gc.ca](http://www.inspection.gc.ca)
- New Brunswick:  
[www.gnb.ca/0027/Index-e.asp](http://www.gnb.ca/0027/Index-e.asp)
- Newfoundland and Labrador:  
[www.fishaq.gov.nl.ca](http://www.fishaq.gov.nl.ca)
- Nova Scotia:  
[www.gov.ns.ca/fish](http://www.gov.ns.ca/fish)
- Prince Edward Island:  
[www.gov.pe.ca/fard](http://www.gov.pe.ca/fard)

#### Industry websites

- Lobster Council of Canada:  
[www.lobstercouncilcanada.ca](http://www.lobstercouncilcanada.ca)
- Atlantic Canada Lobster & Seafood Promotion Group:  
[www.tastelobster.ca](http://www.tastelobster.ca)
- Newfoundland Association of Seafood Producers:  
[www.seafoodproducers.org](http://www.seafoodproducers.org)

