



The Good Stuff!

Cap'n Joe® seafood specialties are stuffed with flavor.

Our seafood stuffing is super versatile which makes creating unique entrees and appetizers super easy. Everything from stuffed fish to stuffed mushrooms, crab cakes, seafood fritters and more.



Stuffed Crab Shells

Each natural crab shell is hand-filled with a delicious **seafood blend** that includes crisp vegetables, bread crumbs, and zesty spices. Available in individually wrapped tray packs.



Seafood Stuffing

TMF ITEM #	PACK SIZE	COUNT/ LB.	PRODUCT DESCRIPTION	CASE CUBE	CASE DIMENSIONS (L X W X H) inches	GROSS WT./CASE (LBS)
ICR01845030	72/2 oz.	2 oz.	CAP'N JOE® TRAY PACK STUFFED CRABS 72/2 oz	0.67	14.6 x 14.6 x 5.4	10.4
ICR01844030	72/3 oz.	3 oz.	CAP'N JOE® TRAY PACK STUFFED CRABS 72/3 oz	1.03	17.5 x 14.1 x 7.0	15.5
ICR00832030	3/2.5 lb.		CAP'N JOE® SEAFOOD STUFFING IN A TUB 3/2.5	0.41	20.4 x 7.4 x 4.8	8.4

Cooking Directions (Let thaw under refrigerated conditions):

- **Stuffed Crabs** can be fried, baked, or microwaved:
 - **Fry:** Deep fry 350° F for 4 - 6 minutes.
 - **Bake:** Brush with melted butter and cook in convection oven at 425° F for 18 - 20 minutes.
 - **Microwave:** Brush with melted butter and cook at high for 1 ½ minutes.
- **Seafood Stuffing:** Portion mix, deep fry until internal temperature reaches 165° F.

On all cooking methods, internal temperature must reach 165°F.

