

Cleaning Shrimp, Squid, and Soft-Shell Crab



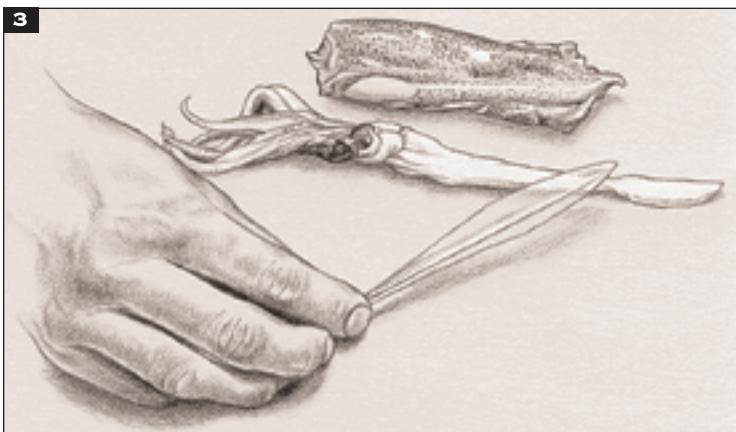
TO CLEAN WHOLE SQUID



1. Reach into the squid's body with your fingers, grasping as much of the innards as you can.



2. Gently pull out the head and innards.



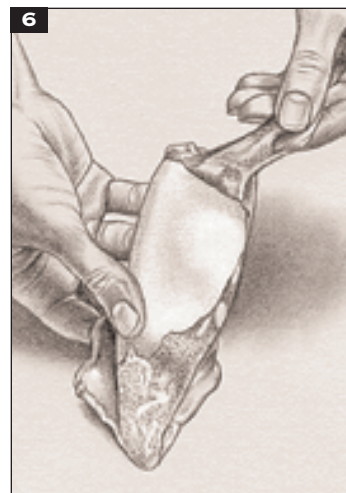
3. You may have to make a second incursion to remove the hard, plastic-like "quill"; it will come out easily once you find it.



4. Cut the tentacles just above the squid's eyes. Be careful of the black ink (which can be reserved for sauce); it does stain.



5. From the left: The edible tentacles (you may trim the two longest ones for the sake of appearance); the inedible "beak," which you should squeeze out of the tentacles if it doesn't fall out of its own accord; the inedible head and innards. In the rear: the edible body, or mantle.



6. The thin, membranelike skin of the squid is perfectly edible; you can, if you prefer, peel it off easily.

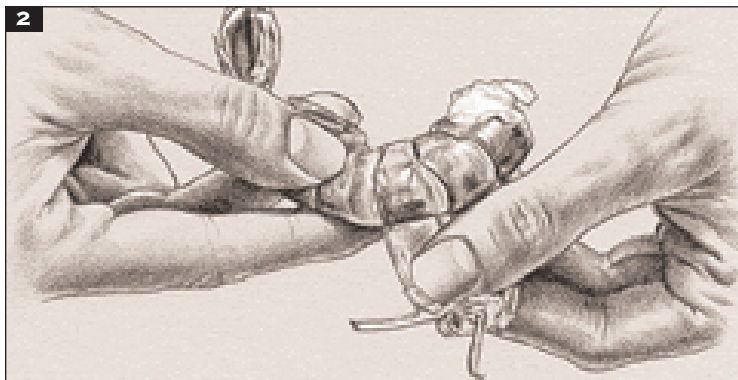


7. Front: You can wash the interior of the mantle, then cut the mantle into rings. Rear: Or you can slit the mantle lengthwise, scrape off any remaining innards as shown, then rinse and cook.

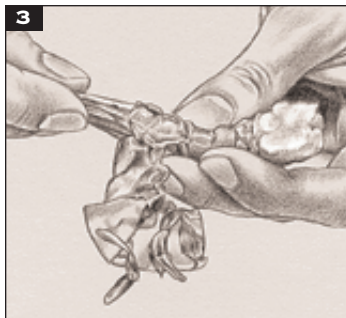
TO PEEL AND DEVEIN SHRIMP



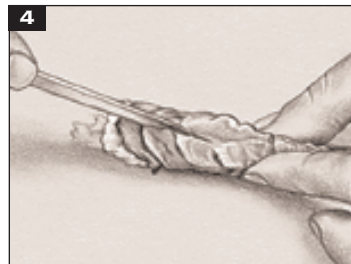
1. Hold the shrimp in one hand, with the legs facing up. Grab as many of the legs as you can with your other hand, and peel downwards.



2. Moving your thumb toward the tail, continue to peel. In most instances, you will be able to remove most of the shell in one piece.



3. Pinch the tail with one hand and gently pull the body away from the tail; the tail meat will come out easily.

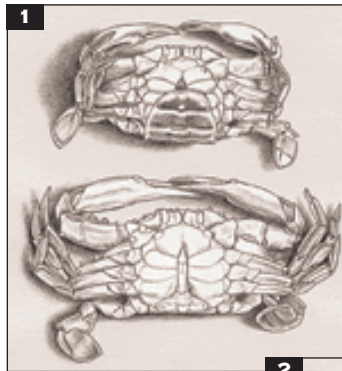


4. To devein first make a slit about one-eighth-inch deep along the length of the shrimp's back. Note that deveining is optional, as many shrimp have veins so pale that you can barely see them.

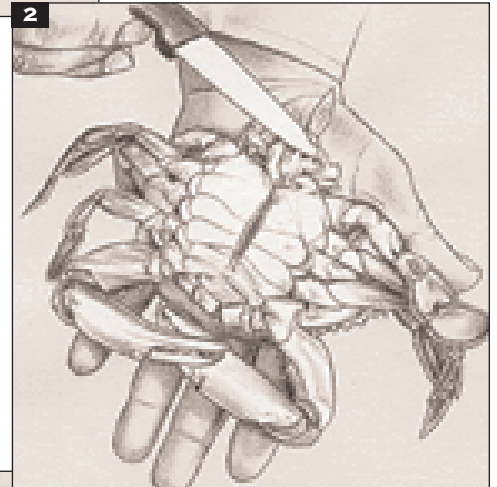


5. Lift out the vein with the point of a knife and discard.

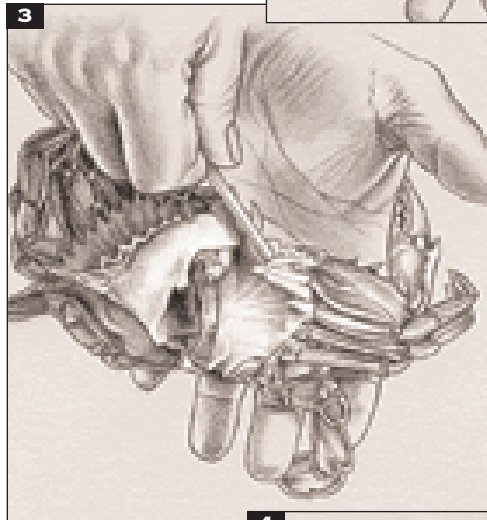
TO CLEAN SOFT-SHELL CRABS



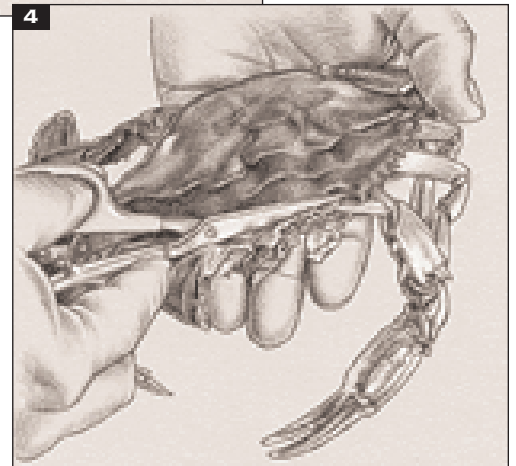
1. Female soft-shell crabs may contain roe and may be somewhat meatier and more flavorful than males. You can distinguish them in two ways: the tips of their claws are redder and their "apron" (the flap of shell on their belly) is much broader than that of the male. In this picture, the female is the top crab.



2. To clean, lift up the apron of the crab and twist or cut it off.



3. Lift the shell on each side of the body and, using your fingers or a small knife, remove the gray gills and discard.



4. Using scissors, snip off the crab's eyes and mouth; scoop out the soft material just behind this cut, rinse the crab lightly, and proceed with the recipe.