

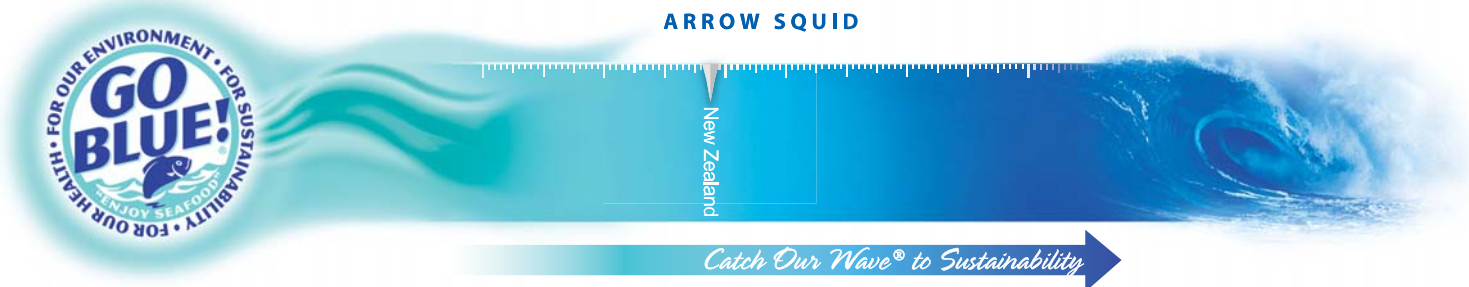


www.cport.net

ARROW SQUID *Nototodarus sloanii*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Frozen at Sea

Product Specifications	
Size	400/600 & 600/up gm/piece
Pack	2/15 KG BLOCK

For full package details, visit our website.

Squid is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Squid has excellent shelf life if handled with reasonable care. It is little affected by freezing, and the texture is unchanged even if the flesh is frozen and thawed a number of times. Fresh squid should have a sweet smell. It becomes rather pungent with age. Skin spots and color are not reliable guides to quality. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Fried Arrow Squid

INGREDIENTS:

- Vegetable oil, for deep-frying
- 1 pound clean squid with tentacles, bodies cut into 1/3- to 1/2-inch-thick rings
- 2 cups all-purpose flour
- 2 tablespoons dried parsley
- Salt and freshly ground black pepper
- 2 lemons, cut into wedges
- 1 cup marinara sauce, warmed

DIRECTIONS:

Pour enough oil into a heavy large saucepan to reach the depth of 3 inches. Heat over medium heat to 350 degrees F. Mix the flour, parsley, salt, and pepper in a large bowl. Working in small batches, toss the squid into the flour mixture to coat. Carefully add the squid to the oil and fry until crisp and very pale golden, about 1 minute per batch. Using tongs or a slotted spoon, transfer the fried calamari to a paper-towel lined plate to drain.

Place the fried calamari and lemon wedges on a clean plate. Sprinkle with salt. Serve with the marinara sauce.

Preparation time: 30 min Serves 6

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/fried-calamari-recipe/index.html>

Nutrition Facts

Serving Size 100g	
Servings Per Container about 10	
Amount Per Serving	
Calories 92	Calories from Fat 12
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 233mg	78%
Sodium 44mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 1%	Vitamin C 8%
Calcium 3%	Iron 4%

INGREDIENTS: Squid.

METHOD OF HARVEST: Wild Harvest; Trawl FAO 81
COUNTRY OF ORIGIN(S): New Zealand

WEST COAST
 131 7th Avenue, West, Kirkland, WA 98033
 ph: (425) 827-2800 fx: (425) 827-7125

EAST COAST
 536 Fayette Street, Perth Amboy NJ 08861
 ph: (732) 826-9400 fx: 732.826.8195

e-mail: sales@cport.net
www.cport.net



Visit our website for more information on this item