



www.cport.net

BABY OCTOPUS *Octopus spp*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Catch Our Wave® to Sustainability

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.



Product Specifications	
Size Count/kilo	5/15, 16/25 & 26/40
Pack	12/2 LB Block

For full package details, visit our website.

Raw octopus is purplish in color. Cooked, the purple skin conceals a fairly translucent white meat. The flesh is very firm and somewhat chewy, but smooth texture and full ocean flavor, though tender and possesses a mild, almost sweet flavor. All parts of the octopus can be consumed and are either eaten raw or boiled, fried, grilled or stewed. Fresh octopus should smell of the ocean. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Polpi in Umido
Italian Octopus Stewed in Wine and Tomatoes

INGREDIENTS:
 1 lb baby octopus
 4 T. olive oil
 4 cloves finely chopped garlic
 1 cup crushed tomatoes or peeled, chopped fresh tomatoes
 1 cup white wine
 2 T. honey or sugar
 2 T. chopped fresh dill
 4 T. chopped fresh parsley
 1 t. chile flakes
 2 T. capers (optional)
 Salt and pepper

DIRECTIONS:
 Bring a large pot of salty water to a boil. Toss the octopus into the boiling water, return to a boil and cook for 1-2 minutes, then remove. Discard water. Saute in olive oil over medium-high heat for 2-3 minutes. Add the chopped garlic and saute for another minute or two. Add the wine and bring to a boil over high heat. Stir well and let it cook down for 3-4 minutes. Add the tomatoes and chile flakes and bring to a simmer. Add about a teaspoon of salt and the honey or sugar. Mix well, cover the pot and simmer for 30 minutes. Add the capers, half the dill and half the parsley. Check the octopus -- sometimes small ones will be tender in just 30 minutes. If they are still super-chewy, cover the pot again and simmer for up to another 45 minutes. About 10 minutes away from being done, uncover the pot and turn the heat up a little to cook down the sauce. To serve, add the remaining dill and parsley and black pepper. Serve over pasta.

Preparation time: 1.5 hrs
Serves 4

http://fishcooking.about.com/od/octopusrecipes/r/ital_stew_octo.htm

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container about 8

Amount Per Serving		% Daily Value*	
Calories 45	Calories from Fat 0		
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 120mg		40%	
Sodium 540mg		23%	
Total Carbohydrate 0g		0%	
Dietary Fiber 2g		6%	
Sugars 0g			
Protein 9g			
Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 2%

INGREDIENTS: Baby Octopus, Salt.

METHOD OF HARVEST: Wild Harvest; Dive/Trap/Trawl
COUNTRY OF ORIGIN(S): Thailand, India, Vietnam

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