



www.cport.net

BAY SCALLOPS

Argopecten irradians; Chlamys nobilis; Argopecten purpuratus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED & WILD BAY SCALLOPS



Philippines
Peru - Wild
China -
Farmed

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.



Specifications

| | |
|--------------|---------------|
| Count per LB | 40/60-200/300 |
| PACK | 6/5 LB IQF |

For full package details, visit our website.

Bay scallops are widely considered the best flavored and nicest scallop to eat. The shell ranges in color from tan to orange to brown. The meat of a bay scallop is creamy when raw, and upon cooking, becomes opaque. The meat is sweet, plump and possesses a near-firm texture. Scallops should have a sweet and seaweedy scent. Scallops are delicate and require very little cooking. Overcooking is a common offense that detracts from the taste and texture.

| SEASONALITY | FLAVOR | TEXTURE |
|---|---|---|
| <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec | <input checked="" type="checkbox"/> Mild <input type="checkbox"/> Medium <input type="checkbox"/> Strong <input type="checkbox"/> Sweet | <input type="checkbox"/> Soft <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Meaty |

For more detailed seasonality, visit our website

RECIPE SUGGESTION



Tarragon Lime Bay Scallops & Pasta

INGREDIENTS:

- 3/4 lb dried angel-hair pasta (capelli d'angelo)
- 1 1/2 lb Sea Port Bay Scallops
- 3/4 stick (6 tablespoons) unsalted butter
- 2 tablespoons fresh lime juice, or to taste
- 2 tablespoons finely chopped fresh tarragon, or to taste

DIRECTIONS:

Cook pasta in a 6 to 8-quart pot of boiling salted water until al dente. Reserve 1/4 cup cooking water, then drain pasta in a colander.

While pasta is cooking, pat scallops dry and season with salt and pepper. Heat 3 tablespoons butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté half of scallops, stirring, until golden, about 3 minutes. Transfer with a slotted spoon to a bowl. Cook remaining scallops in remaining 3 tablespoons butter in same manner. Return first batch of scallops to skillet and stir in lime juice and tarragon.

Toss pasta in a bowl with half of scallops and 1/4 cup pasta cooking water. Top pasta with remaining scallops and sauce and season with salt and pepper.

Preparation and cooking time: 10 mins Serves 6

Nutrition Facts

| | |
|------------------------------|---------------------|
| Serving Size 100g | |
| Amount Per Serving | |
| Calories 88 | Calories from Fat 7 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 33mg | 11% |
| Sodium 161mg | 7% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 17g | |
| Vitamin A 1% | Vitamin C 5% |
| Calcium 2% | Iron 2% |

INGREDIENTS: Bay Scallops.



Visit our website for more information on this item

METHOD OF HARVEST: Farm - Raised; Lantern Cage Suspension; Wild Diver Caught/Dredge
COUNTRY OF ORIGIN(S): Philippines (Wild), China (Farmed), Peru (Wild)

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