



www.cport.net

# CHILEAN SEA BASS

*Dissostichus eleginoides*

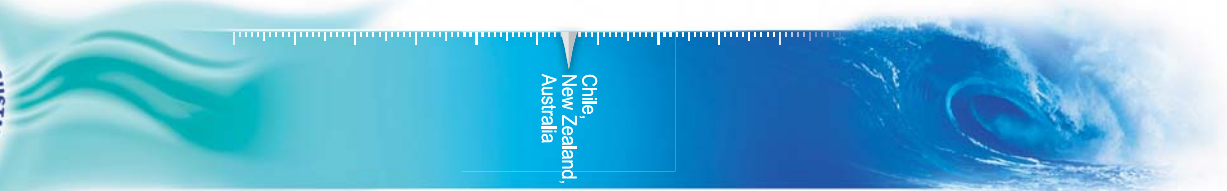
# ANTARCTIC TOOTHFISH

*Dissostichus mawsoni*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

CHILEAN SEA BASS



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://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.



For full package details, visit our website.

Product Presentation	Chilean Sea Bass Skinless, Boneless Portions	Antarctic Toothfish Toted
Size	6/8, 8/10, 10/12 OZ/piece	4/8, 5.5/10, 8/12, 10/15, 15/20 & 20/30 kg
Pack	1/10 LB IWP	Catch Weight

Chilean Sea Bass is coveted by chefs and gourmards alike. The high oil content results in exceptional taste and texture. The thick fillets are pure white, moist, and flaky. An excellent candidate for grilling, Chilean sea bass is also great baked, broiled, sautéed, or fried. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Grilled Chilean Sea Bass with Sautéed Vegetables



**INGREDIENTS:**  
 1 lb Chilean Sea Bass  
 2 Tbsp olive oil  
 1 tsp soy sauce  
 whole lime squeezed  
 salt, pepper and rosemary (sprinkle of each)  
 1 red pepper, sliced  
 1 yellow pepper, sliced  
 1 zucchini, sliced  
 1 Tbsp butter  
 salt and pepper to taste

**DIRECTIONS:**  
 Mix olive oil, soy sauce, lime juice, salt and pepper and gently coat the fish on both sides. Place on medium heat on the grill for 14 minutes (flipping mid-way) or until cooked through. Meanwhile, heat the butter in a skillet on medium heat, add vegetables, salt and pepper and cook until crisp tender, about 10 minutes. Serve grilled fish over vegetables.

Preparation time: 25 mins  
 Serves 2

**METHOD OF HARVEST:** Wild Harvest, Longline  
**COUNTRY OF ORIGIN(S):** Chile FAO 87, New Zealand FAO 88

**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](mailto:sales@cport.net)  
[www.cport.net](http://www.cport.net)



Visit our website for more information on this item