



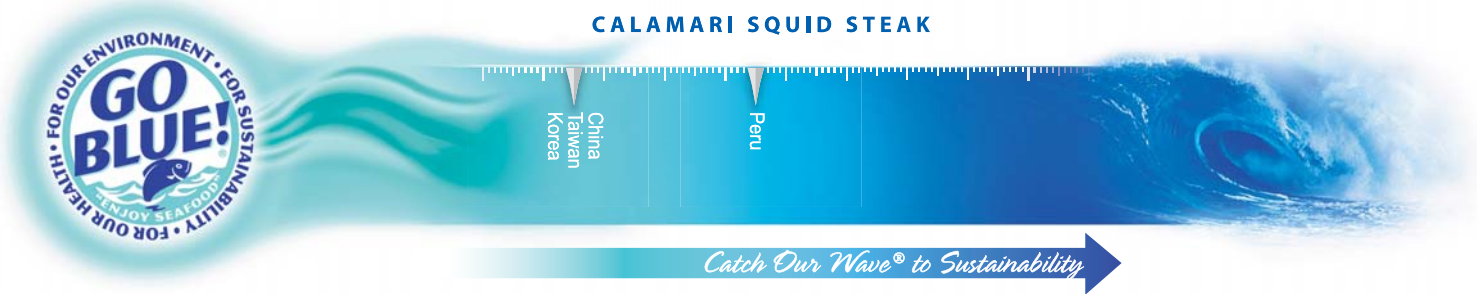
www.cport.net

# CALAMARI STEAKS

*Ommastrephes bartramii*



## 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](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.



- **Wild Harvest**
- **Packed 6x5 lb. inner box per case (with a thin PE sleeve neatly separating the individual units.)**
- **Individually Quick Frozen (IQF)**
- **Product of Taiwan**
- **Tender enough to cut with a fork**

For full package details, visit our website.

Calamari Squid Steak 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. Meet the demands of today's health-conscious guests. Include Calamari Steak on your menu to offer a high-protein, premium quality, low-cost entrée. Squid Steaks are also known by its Japanese name Marasaki Ika. Sea Port's Calamari Steaks are produced exclusively year 'round by Taiwan's premier packers into four to five-ounce steaks. The tenderized, oval-shaped steaks are often prepared Japanese-style, egg battered with panko flakes; served simply grilled or sautéed; or cut into strips for gourmet seafood salads. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

**SEASONALITY**  
Jan Feb Mar April May June July Aug Sept Oct Nov Dec

**FLAVOR**  
Low High  
Mild Medium Strong Sweet

**TEXTURE**  
Soft Medium Firm Meaty

For more detailed seasonality, visit our website

**RECIPE SUGGESTION**

### Grilled Calamari Steaks with Sautéed Onions & Radicchio

**INGREDIENTS:**  
4 SEA PORT Calamari Steaks  
1 red onion cut Julianne style  
1 tablespoon coriander leaves  
olive oil  
5 leaves of radicchio cut into strips  
salt and pepper  
Prepared Pesto Sauce  
2 lemons or limes, cut into wedges

**PREPARATION:**  
Sauté red onion & radicchio in olive oil, season with salt and pepper and set aside. Grill the calamari steaks for two minutes on each side, or longer to taste. Season with salt and pepper on both sides and allow to rest in a warm oven. To serve, divide the sautéed vegetables equally on four plates, place the calamari steaks on top, pour pesto sauce and garnish with lemon or lime wedges.

Serves 4

For more recipe suggestions, please e-mail [marketing@cport.net](mailto:marketing@cport.net)

**METHOD OF HARVEST:** Wild Harvest  
**COUNTRY OF ORIGIN(S):** Taiwan, China, Peru, Korea

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Nutrition Facts	
Serving Size 100g	
Servings Per Container 22.68	
Amount Per Serving	
<b>Calories</b> 65.4	Calories from Fat 9
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.6g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 148.2mg	<b>49%</b>
<b>Sodium</b> 358mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14.1g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 0%

**INGREDIENTS:** Squid Steak, Water, Salt, Sodium Tripolyphosphates.



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