

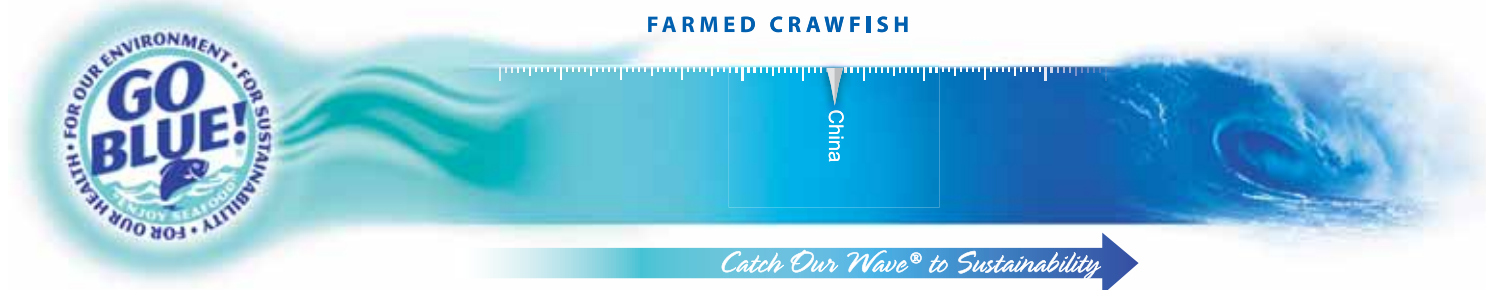
CRAWFISH

Procambarus clarkii



Whole Crawfish, Cajun Seasoned

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



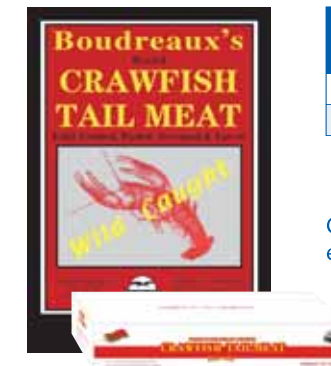
Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best 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.

AVAILABLE BRANDS

HaiHao



Boudreaux's



| Product Presentation | Whole Cooked Crawfish, Cajun Seasoned | Cooked Crawfish Tail Meat, Fat On |
|----------------------|---------------------------------------|------------------------------------|
| Sizes (ct/lb) | 10/15 & 16/20 | 80/100, 100/150, 150/200, & 200/up |
| PACK | 2/5 & 6/5 LB IQF | 24/1 LB IQF |

For full package details, visit our website.

Crawfish have a mild flavor and fairly firm texture. Their flavor is enhanced typically by Cajun spices in their preparation.



For more detailed seasonality, visit our website

RECIPE SUGGESTION

Crawfish Etouffee



INGREDIENTS:

- 1 (1 lb) bag peeled crawfish tails, not drained
- 1/2 cup butter
- 1 large onion, minced
- 1 large bell pepper, minced
- 2 stalks celery, minced
- 1 tablespoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon white pepper
- 1/4 teaspoon ground cayenne pepper
- 1 tablespoon flour
- 1/2 cup water
- cooked rice

DIRECTIONS:

In dutch oven melt butter over medium heat. Add onions, bell pepper, celery and garlic. Saute vegetables until soft, about 30 to 45 minutes. Add Crawfish tails and seasonings. Cover and simmer for 10 minutes. Mix flour in water, stirring to make a smooth liquid. Add to crawfish mixture, cover and simmer for 10 more minutes. Serve on hot rice.

Preparation and cooking time: 1 hr 30 mins Serves 4

www.food.com/recipe/easy-crawfish-etouffee-68280

METHOD OF HARVEST: Wild Harvest & Farm Raised; Baited Traps
COUNTRY OF ORIGIN(S): China

Whole Crawfish

Nutrition Facts

Serving Size 10 oz (280g)
 Servings Per Container about 5

| Amount Per Serving | |
|------------------------------|---------------------|
| Calories 35 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 80mg | 3.5% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 7g | |
| Vitamin A 5% | Vitamin C 0% |
| Calcium 3% | Iron 7% |

WHOLE CRAWFISH
INGREDIENTS: Whole Cooked Crawfish, Salt, Red Pepper.
CRAWFISH TAIL MEAT
INGREDIENTS: Crawfish Tail Meat.



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