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**EEL** *Anguilla rostrata*  
**Broiled Eel with Soy Sauce**



**GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM**



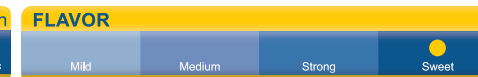
Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment/](http://www.un.org/en/globalissues/environment/)). It is the ability to "meet present needs without compromising the ability of future generations to meet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



| Product Specifications |                       |
|------------------------|-----------------------|
| Size/Piece             | 8, 9, 10, 11 OZ/piece |
| Pack                   | 1/22 LB IVP           |

For full package details, visit our website.

The snakelike fish is one of the most versatile and tasty. Eel contain no pinbones, so the boneless white meat is easily processed. Its white meat is flaky, rich, and somewhat sweet. Eel has rather high oil content and is best prepared grilled, smoked, sautéed, baked or stewed. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website



*Eel Nigiri Sushi*

- INGREDIENTS:**
- 3 1/3 cup short-grain sushi rice, rinsed
  - 4 cups water
  - 5 1/3 tablespoons sushi vinegar
  - 1 (8 oz) Cnami Frozen Grilled Eel, thawed

**DIRECTIONS:**

Wash the rice until the water rinses clear. Drain the rice in a colander and let it stand for 30 minutes. Place the rice in a pot or rice cooker, and add 4 cups of water or follow the instructions on a rice cooker. Bring the water to a boil. Reduce the heat to a simmer and cover the pot. Cook for 15 minutes. Remove the cover, place a damp towel over the rice, and let cool for 10 minutes.

Pour sushi vinegar over cooked rice and mix it gently. Cool down to room temperature. The lid should remain open.

Slice the eel very thinly into bite-sized pieces. Hand-mold fingers of rice and place thin slices of fish on the top. Wrap with a piece of seaweed and top with sesame seeds.

Preparation time: 1 hr 40 mins Serves 8

<http://www.foodnetwork.com/recipes/40-a-day/nigiri-sushi-recipe/index.html>

| Nutrition Facts                           |            |
|---|------------|
| Serving Size 4 oz Raw (112g)              |            |
| Servings Per Container about 3            |            |
| Amount Per Serving                        |            |
| <b>Calories</b> 330 Calories from Fat 220 |            |
| % Daily Value*                            |            |
| <b>Total Fat</b> 24g                      | <b>37%</b> |
| Saturated Fat 5g                          | <b>30%</b> |
| Trans Fat 0g                              |            |
| <b>Cholesterol</b> 200mg                  | <b>80%</b> |
| <b>Sodium</b> 430mg                       | <b>21%</b> |
| <b>Total Carbohydrate</b> 0g              | <b>1%</b>  |
| Dietary Fiber 0g                          | <b>0%</b>  |
| Sugars 3g                                 |            |
| <b>Protein</b> 23g                        |            |
| Vitamin A 30% • Vitamin C 0%              |            |
| Calcium 15% • Iron 20%                    |            |

**INGREDIENTS:** Eel, Soy Sauce (Water, Soybeans, Wheat, Salt), Sweet Sake, and Sugar. Contains: Fish (Eel), Wheat, Soybeans.

**METHOD OF HARVEST:** Farmed  
**COUNTRY OF ORIGIN(S):** Taiwan, China

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