



www.cport.net

ESCOLAR *Lepidocybium flavobrunneum*

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.



Product Presentation	Steaks
Size	6/UP OZ
Pack	1/20 LB IVP

For full package details, visit our website.

Escolar has a rich, buttery flavor. It can be grilled, broiled, or steamed. Due to its high oil content, which is strong and purgative (wax ester), some people can have digestive issues if too much is consumed. Consumption should be limited. For Health & Nutrition benefits go to: www.cport.net



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Grilled Escolar with Crawfish Cream Sauce

INGREDIENTS:

- 2 lb Escolar Steaks
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. chopped shallots
- 1 Tbsp. chopped garlic
- 1 lb Crawfish tails
- 2 c. heavy cream
- 1 Tbsp. Crystal warm sauce
- 1 Tbsp. Worcestershire sauce
- Salt to taste
- Salt to taste
- Freshly ground black pepper to taste
- 1 Tbsp. unsalted butter
- 1/4 c. minced green onions
- 1/4 c. grated Parmigiano-Reggiano cheese
- 8 piece fried arugula
- 2 Tbsp. red peppers chopped
- 2 Tbsp. yellow peppers chopped

DIRECTIONS:

Preheat the grill. Season the fish with 2 Tbsp. extra virgin olive oil and Emeril's Essence. In a saute/fry pan, heat the remaining extra virgin olive oil. When the oil is warm, saute/fry the shallots and garlic for 30 seconds. Add in the crawfish and season with Emeril's Essence. Saute/fry for 1 to 2 min. Add in the cream, Crystal, and Worcestershire sauce. Bring the liquid up to a boil and reduce to a simmer. Simmer the cream till it thickens and reduces by half, about 4 to 5 min. Mount in the butter. Reseason and mix in the green onions. Place the fish on the grill and grill for 5 to 6 min on each side. Spoon the sauce in the center of the plate. Lay the fish across the sauce. Garnish with the fried arugula, cheese, and peppers.

Preparation time: 40 mins Serves 4

<http://cookeatshare.com/recipes/grilled-escolar-with-crawfish-cream-sauce-and-fried-arugula-265651>

Nutrition Facts

Serving Size 150g	
Amount Per Serving	
Calories 186	Calories from Fat 57
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 88mg	29%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	
Vitamin A 12%	Vitamin C 0%
Calcium 1%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

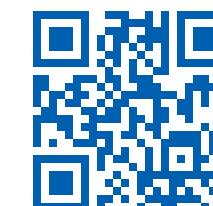
INGREDIENTS: Escolar.

METHOD OF HARVEST: Wild Harvest; Longline
COUNTRY OF ORIGIN(S): Taiwan, FAO 61, 71, 57

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