



www.cport.net

# ILLEX SQUID *Illex argentinus*

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

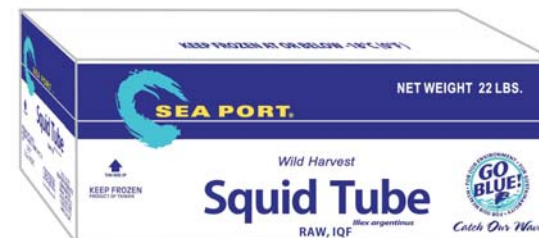


ILLEX SQUID

China, Taiwan

Catch Our Wave® to Sustainability

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.



	Tube	Whole, Round
<b>Size</b>	<b>U/5, U/10 ct/kg</b>	<b>400/UP &amp; 500/UP gm</b>
<b>Pack</b>	<b>1/22 LB IQF</b>	<b>1/35 LB IQF</b>

For full package details, visit our website.

Squid 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. Squid is processed into tubes, rings and strips. Steaks, circular pieces cut from the mantles of large squid and usually tenderized with a needle machine, are also produced as a retail trade alternative to expensive abalone steaks. Fried calamari has become a mainstay on many restaurant menus, which has contributed to an explosion in domestic usage.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

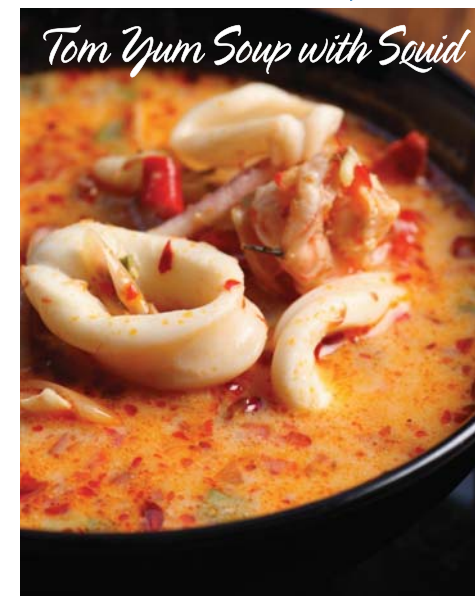
**SEASONALITY**  Low  High

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

**FLAVOR**  Mild  Medium  Strong  Sweet

**TEXTURE**  Soft  Medium  Firm  Meaty

For more detailed seasonality, visit our website



### Tom Yum Soup with Squid

**INGREDIENTS:**

- 1/2 lb squid
- 5 cups chicken stock
- 3 fresh lime leaves
- 1 stalk lemongrass, crushed
- 1/2 lb shrimp, shelled and deveined
- nam pla Thai fish sauce to taste
- 2-4 fresh chili peppers, sliced into rounds
- 2 garlic cloves, peeled and crushed
- 1 lime (add juice to taste)
- chopped coriander leaves for garnish

**DIRECTIONS:**

Clean the squid, cut off and chop the tentacles, then cut the body into rings. Put the stock, lime leaves and lemon grass in a pan, bring to the boil, then lower the heat and simmer for 5 minutes. Add the prawns (shrimp), squid and nam pla. Cook until the prawns have turned pink, then add the chilies. Pour the soup into 4 warmed individual bowls. Mix together the garlic and lime or lemon juice to taste, then stir into the soup. Sprinkle with coriander. Serve hot.

Preparation time: 50 min Serves 4

<http://www.food.com/recipe/thai-prawns-and-squid-hot-soup-tom-yum-kung-lae-pia-muk-197692>

**Nutrition Facts**

Serving Size 100g  
Servings Per Container about 100

Amount Per Serving	
Calories	% Daily Value*
52.8	Calories from Fat 3.6
<b>Total Fat</b> 0.4g	<b>1%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 128.7mg	<b>43%</b>
<b>Sodium</b> 878mg	<b>37%</b>
<b>Total Carbohydrate</b> 0.3g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 0%

**INGREDIENTS:** Squid Tube, Water, Salt, Sodium Bicarbonate.

**METHOD OF HARVEST: Wild Harvest; Trawl FAO 41**  
**COUNTRY OF ORIGIN(S): Taiwan, China**

**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